

Zucchini Fritters (makes about 6)

Ingredients:

- 1 zucchini
- 1 flax egg*
- 1/2 cup oat flour (gluten-free if desired)
- parsley chopped
- 1/2 tsp cumin powder
- 1/4 tsp cayenne pepper
- dash of black pepper
- 1 tbsp of lemon juice
- salt to taste
- coconut oil to pan fry

How to make:

Grate the zucchini, squeeze out the water, place on a plate and tap with paper towel. Add all ingredients. Heat a fry pan, drizzle with coconut oil, make patties with a big spoon and place with a spatula to the pan, cook about 3 minutes each side or until get brownish.

*Add 1 tbsp of grounded flax seeds and 2 tbsp of water, mix it and let it stand for 5 min.

Serve with quinoa and beans of your choice.