

Easy Zucchini Fritters

Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Author: Wellness Mama

Recipe type: Side

Cuisine: American

Serves: 4

Ingredients

- 2 medium zucchini
- 2 eggs
- 1 onion
- 1/2 cup parmesan cheese (optional, can replace with almond flour or 3 tablespoons of coconut flour)
- 1/4 cup almond flour
- 1 teaspoon each of [garlic powder](#), [salt](#), pepper and [basil leaf](#)

Instructions

1. Preheat oven to 400 degrees. Grate the zucchini with a cheese grater or food processor. Add the salt and squeeze very tightly with a towel or some paper towels to get the excess liquid out. Put in a medium sized bowl.
2. Grate the onion and add to the bowl. Add the eggs, parmesan cheese and almond flour. Sprinkle the spices on top of the mixture and mix until evenly incorporated. To bake: well grease a baking sheet or muffin tins and put tablespoon size amounts of the mixture onto the baking sheet or fill the muffin tins 1/2 full.
3. Bake for approximately 18-20 minutes or until tops and sides are starting to brown. Serve alone or with homemade ketchup. Can also pan fry in coconut oil for a crispier outer coating.
4. Enjoy!

Recipe by Wellness Mama at <http://wellnessmama.com/5649/easy-zucchini-fritters/>