

Zucchini Fritters

15 min	5 min	4
Prep Time	Cook Time	Servings

What You Need

- 2 small zucchinis (about 2 cups)
- 1 teaspoon Himalayan pink salt
- 2 large eggs
- $\frac{3}{4}$ cup Parmesan cheese (grated)
- 1 tablespoon coconut flour
- 1 tablespoon parsley
- 1 tablespoon garlic powder (or to taste)
- 1 teaspoon onion powder (or to taste)
- 1 teaspoon butter and 1 tablespoon coconut oil or avocado oil (olive oil becomes hydrogenated at high temperatures)

Preparation

1. Grate the zucchini into a colander, toss with the salt and allow to drain 10 minutes.
2. Dump zucchini into a clean kitchen towel. Wrap towel around zucchini and gently squeeze over to sink to remove excess water. **THIS IS AN IMPORTANT STEP!**
3. In a large mixing bowl, combine zucchini, eggs, Parmesan cheese, coconut flour, parsley and spices with a spoon. Set batter aside.
4. Heat about 1 to 2 tablespoons of coconut oil in a large skillet.
5. Drop spoonfuls of zucchini fritter batter into hot oil. Fry each side until browned, flattening with spatula as you go.
6. When both sides are nicely browned, remove from pan and drain fritters on paper towels.