

Flaxseed Veggie Patties

Ingredients

- 1 cup grated zucchini (squeezed dry)
- ½ cup grated carrot
- ¼ cup chopped onion
- 2 tbsp ground flaxseed
- ¼ cup chickpea flour or oat flour
- Salt and pepper to taste
- 2 tbsp olive oil

Instructions

1. Combine all ingredients in a bowl.
2. Form into small patties.
3. Heat olive oil in a pan and cook patties 3–4 minutes per side.
4. Serve warm with tahini or avocado sauce.

Health Benefits

- Flaxseed: Boosts fiber and supports digestion
- Zucchini and carrot: Rich in antioxidants and hydration
- Chickpea flour: High in plant protein