

Flaxseed Zucchini Fritters

Ingredients:

- 1 cup grated zucchini (squeeze out excess moisture)
- 1/4 cup ground flaxseed
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1 tbsp chopped fresh parsley
- 1 tbsp nutritional yeast (optional)
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 2 tbsp chickpea flour or oat flour
- 2 tbsp water
- 1 tbsp olive oil for cooking

Instructions:

1. In a large bowl, combine the grated zucchini, onion, garlic, parsley, flaxseed, nutritional yeast, salt, and pepper.
2. Add the flour and water, mixing well to form a thick batter.
3. Let the mixture sit for 5 minutes to allow the flaxseed to gel.

4. Heat the olive oil in a skillet over medium heat.
5. Scoop the mixture into small rounds and flatten slightly in the pan.
6. Cook each side for about 3–4 minutes, or until golden and crispy.
7. Remove and place on a paper towel to absorb any excess oil.
8. Serve warm with a dollop of dairy-free yogurt or tahini sauce.

Benefits:

- Flaxseed provides omega-3s and fiber, supporting heart and digestive health.
- Zucchini is low in calories and rich in antioxidants and vitamin C.
- Chickpea flour adds extra protein and helps bind the fritters naturally.

Prep Time: 10 minutes

Serving: Makes about 6 small fritters