

# ZUCCHINI VEGAN FRITTERS



## Ingredients

---

- 1 large zucchini, grated
- 1/2 tsp salt
- 2 garlic cloves, minced
- 1 tsp baking powder
- 1/2 cup plain flour
- 1 tsp nutmeg
- 1 tsp sweet paprika
- 2 tbsp nutritional yeast
- Salt & Pepper to taste
- 1 tbsp soy milk

## Method

---

- Sprinkle some salt over your grated zucchini and allow to sit for about an hour to remove some water.
- Put the zucchini in a large bowl and pat dry with paper towel to get any excess water
- Add in the garlic, baking powder, flour, nutmeg, sweet paprika, nutritional yeast, salt, pepper and soy milk. Mix to combine
- Form into balls and press gently to flatten. Add more flour if too wet or more milk if still dry
- Heat oil in a fry pan over medium heat. Cook until golden then flip and cook for a few minutes

