

Zucchini Fritters

8 ingredients · 20 minutes · 6 servings



Directions

1. Combine all ingredients, except the coconut oil, into a large bowl and mix well.
2. Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
3. Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
4. Let cool slightly before serving and enjoy!

Notes

Serving Size

One serving is equal to approximately three fritters.

Serve Them With

Scrambled eggs, fish, a fried egg and salad, guacamole, goat cheese with pine nuts, greek yogurt, cottage cheese, or sliced tomatoes with mozzarella.

Bake Them in the Oven

Scoop onto a parchment-lined baking sheet and bake in the oven for 20 to 25 minutes at 375 F.

Ingredients

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

Nutrition

Calories	133	Cholesterol	62mg
Fat	7g	Sodium	30mg
Carbs	12g	Vitamin A	221IU
Fiber	3g	Vitamin C	18mg
Sugar	3g	Calcium	36mg
Protein	5g	Iron	1mg

Zucchini Bread Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1 Zucchini (grated)
- 1/4 cup Hemp Seeds
- 2 Banana (sliced)

Nutrition

Calories	286	Cholesterol	0mg
Fat	9g	Sodium	68mg
Carbs	45g	Vitamin A	325IU
Fiber	7g	Vitamin C	14mg
Sugar	15g	Calcium	221mg
Protein	10g	Iron	3mg