

# 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

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

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