

Zucchini Collagen Fritters

Sue Van Raes

THE GOODS

- 2 medium zucchini
- 2 eggs or egg replacement
- 1/4 cup almond flour
- 1/4 cup nutritional yeast
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons arrowroot flour
- 1/4 cup collagen peptides or bone broth powder
- 1+ tablespoon ghee or avocado oil

THE METHOD:

Grate zucchini into a bowl, sprinkle with salt and massage to incorporate. Let sit for 10 minutes. After 10 minutes have passed, use a thin dish cloth or a nut milk bag to squeeze excess water from the grated zucchini. Add back into the bowl and stir to combine with all remaining ingredients. Heat a cast iron skillet over a medium/low flame with additional ghee or avocado oil. Scoop 1/2 cup of batter into the skillet, cook 2-3 minutes on each side until golden brown. Serve with raw sour cream, paleo mayonnaise, greens or fresh herbs.

