

SWEET POTATO AND ZUCCHINI FRITTERS

INGREDIENTS

- 1 massive sweet potato grated
- 2 zucchinis grated
- 1 red onion thinly diced
- 1 1/2 cups wholemeal spelt flour
- 1/2 cup olive oil
- 3 eggs
- 1/2 tsp salt

INSTRUCTIONS

1. Add all ingredients to a large bowl and stir to fully combine.
2. Heat 2 tbs olive oil, coconut oil or ghee in a pan over moderate heat.
3. Create balls of mixture with your hands, place in pan and flatten.
4. Cook well on both sides.
5. Remove from pan and top with avocado, tomato and feta.

BROCCOLI FRITTERS

INGREDIENTS

- 2 head of broccoli cut into florets
- 1 1/2 cups wholemeal spelt flour (or gluten free flour or plain flour)
- 1/2 cup olive oil
- 2 eggs
- 1/2 cup grated tasty cheese
- 1/2 cup Parmesan cheese
- 1 tsp Herbamare herbed salt
- extra olive oil for frying

INSTRUCTIONS

1. Steam the broccoli until soft in your steamer (in tmx it took about 15 minutes, 100 degrees, speed 3)
2. In a bowl mix all ingredients together until combined and broccoli has broken up a bit.
3. Heat 2 tbs olive oil in a frypan on medium heat and add large spoonfuls into pan. Flatten them out. Turn when crispy on the underside.
4. Remove from pan when crispy on both sides and enjoy!