

Paleo Zucchini & Basil Fritters

This recipe is made with coconut flour and little bit of egg. This recipe makes about 12 fritters, enough for 4 servings. They stay in the refrigerator for a few days and make a perfect food to take out with you. If you want to make less it is easy to cut the recipe in half.

4 servings – 12 fritters

10 cups zucchini, grated (about 4 medium zucchini)

3 tsp Celtic sea salt

6 Tb coconut flour

2 eggs, beaten

1 tsp black pepper

4 Tb fresh basil leaves chopped

2 tsp minced fresh garlic, (2 cloves)

2-3 Tb coconut oil or grass fed cultured butter for cooking

- Grate the zucchini using a box grater or shredding blade of a food processor.
- Put the grated zucchini into a bowl. Toss with the salt and let sit 10 minutes.
- In the meantime chop the garlic and basil. Beat the eggs in a separate bowl.
- After 10 minutes are up, put the zucchini into a strainer to let the water drain out.
- Most of the salt will be removed along with the water, but if you are very sensitive to salt rinse the zucchini with water. Now you want to remove as much water as possible. If you have a nut milk bag put the grated zucchini in there and squeeze out the water. Alternately put it into a clean kitchen towel, wrap it up and press to get out the water. You want it to be dry.
- Put the dried zucchini into a clean bowl. Add the coconut flour, egg, basil, garlic and pepper. Break up the clumps of zucchini to combine evenly.
- Heat a large sauté pan over medium-low heat. Add 1 Tb coconut oil or butter.
- Fill a ¼ cup measuring cup with the zucchini mixture. Press down, then turn the cup out onto the pan and flatten to get a patty. I get 5 – 6 in my pan.
- Cook each side for 3 minutes until medium brown. Remove from the pan and set on a cooling rack so they don't get soggy.

- Add another tablespoon of coconut oil or butter. Repeat until you have used up all the zucchini batter.
- Serve immediately or store in the refrigerator for up to 3 days.

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