

Recipe

Vegetable Fritters

By

Madhavi d.d.



Ingredients

1 medium carrot
1 medium zucchini
1 medium summer (yellow) squash
1/3 cup flour
1/3 cup grated parmesan cheese
1/2 tsp or less salt
1/8 tsp pepper
1 1/2 tsp egg replacer, mixed with 2 tbsp warm water or 1 tbsp flaxseed meal, mixed with 3
tbsp warm water
Oil

Preparation

Shred carrot, zucchini, and squash. Pat vegetables very dry with paper towels.

In a bowl, mix shredded vegetables with flour, cheese, salt, pepper, and egg replacer.

Heat oil over medium heat in a skillet. Drop about 1/4 cup of vegetable mixture into oil in skillet. Cook a few fritters at a time for 3-4 minutes, turning once, for another 3 minutes or until golden brown.

***I used rye flour so my fritters look darker!

Serves

8 pieces

For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

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Hare Rama Hare Rama Rama Rama Hare Hare