Zucchini Fritters

Prep Time: 20 Minutes

Cook Time: 12 Minutes

Serves: 8

Ingredients

- 3 ½ cups Grated Zucchini
- 1 teaspoon salt
- 1 cup All Purpose Flour (I use GF)
- ¼ cup Nutritional Yeast
- 1 ½ teaspoon Baking Powder
- ½ teaspoon Garlic Powder
- 2 Spring Onions Chopped
- ¼ cup Vegetable broth
- Olive Oil for frying

For Serving (Optional):

- Vegan sour Cream or
- Vegan ranch dressing

Preparation

Step 1

Grate the zucchini and then add it to a mixing bowl. Sprinkle over the salt and mix in. Then leave it for 10 minutes. The salt will help release the excess water from the zucchini. Then use your hands to squeeze the zucchini and drain off excess water. Place the squeezed zucchini into another bowl and leave the water behind.

Step 2

Once the squeezed zucchini is in a fresh mixing bowl, add in the flour, nutritional yeast, baking powder, garlic powder, and chopped spring onions and mix together. It will be very crumbly.

Step 3

Add in the veggie broth and mix into a thick batter.

Step 4

Preheat the oven to 210 F and place some parchment paper over a grill rack on a baking tray This is where you'll place your fritters to keep them warm.

Step 5

Spray olive oil to a frying pan and let it get hot. Once hot, use an ice cream scoop/cookie scoop to scoop out even sized amounts of batter into the frying pan. If you don't have a cookie scoop just use around ¼ cup for each fritter. Use your spatula to press it down from the top and flatten. Depending on the size of your pan you can cook a few at a time. I was able to do 4 at a time.

Step 6

Let it cook for a few minutes and then flip over - around 3 minutes per side. When both sides are nicely browned, then transfer your cooked fritters to the baking tray in the warmed oven to stay warm.

Step 7

Repeat Steps 5 & 6 for your next batch.

Step 8

Serve with vegan sour cream or vegan ranch dressing