

Zucchini fritters

In need of a crispy, crunchy snack?

Try these easy zucchini and California prune fritters.

It's the perfect combination for a great on the go snack and can be prepared the night before.

Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS



Ingredients

Serves 4

- 300g zucchini
- Salt
- 150g California prunes
- 2 red onions
- ½ bunch of basil
- ½ bunch of chives
- 80g coconut flour
- 1 egg
- Salt & pepper
- Oil to fry

Method

Coarsely grate zucchini, season with salt, and set aside for 10 minutes.

Dice prunes and onions.

Cut basil into strips and chives into rings.

Squeeze zucchini vigorously with both hands to drain excess water. Place in a separate bowl.

Add flour, egg, onions, basil, salt and pepper, and stir until mixture is smooth. Allow to stand for 10 minutes.

Heat oil in a pan. Drop heaping tablespoons of batter into hot oil and fry each side for about 2 minutes until golden brown.

Drain on a kitchen towel and serve.

Tip: a chive mayonnaise dip works well with this dish.

