



Copyright 2020. The Food Fairy. All rights reserved.

Low Sodium Veggie Fritters

Serves 4

Ingredients:

½ (or more) cup greens, chopped
½ (or more) cup broccoli, chopped
2 medium mushrooms, sliced and sautéed
¼ cup scallions, thinly sliced
¼ cup red or green bell pepper, diced
2 cups chickpea flour
2 TBSP flax meal
½ tsp salt
1 tsp baking powder
¼ tsp baking soda
2 cups water
1 tsp vinegar
Oil for frying

Preparation:

1. Mix dry ingredients together. Whisk in water and vinegar. Add in chopped/shredded veggies.
2. Heat a generous amount of oil in a large skillet until a small drop of batter bubbles up and browns quickly. Drop large spoonfuls of batter into the hot oil being careful not to crowd the pan. When evenly brown on the bottom (3 to 4 minutes), turn fritters and brown on the other side. Remove with a slotted spatula to a paper towel lined plate.



Food Fairy Note: You can add more or less veggies, or other veggies you have on hand. I like these fritters to be very veggieful, just held together by the batter. Also good as more of a pancake with some veggies floating around. (For pancakes use just enough oil to coat the pan).

Adapted from: Chickpea and Veggie Fritters with Vegan Tzatziki, The Food Fairy

WWW.FOODFAIRY.COM