

# Recipe

## ZUCCHINI COLLAGEN FRITTERS

**SERVES 4**

### **THE GOODS:**

- 2 medium zucchini
- 2 eggs or egg replacement
- ¼ cup almond flour
- ¼ cup nutritional yeast
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons arrowroot flour
- ¼ cup collagen peptides or bone broth powder
- 1+ tablespoon ghee or avocado oil

### **THE METHOD:**

Grate zucchini into a bowl, sprinkle with salt and massage to incorporate. Let sit for 10 minutes. After 10 minutes have passed, use a thin dish cloth or a nut milk bag to squeeze excess water from the grated zucchini. Add back into the bowl and stir to combine with all remaining ingredients. Heat a cast iron skillet over a medium/low flame with additional ghee or avocado oil. Scoop ½ cup of batter into the skillet, cook 2-3 minutes on each side until golden brown. Serve with raw sour cream, paleo mayonnaise, greens or fresh herbs.

*Boulder Nutrition*