

# ZUCCHINI FRITTERS

*A great substitute for hash browns.*

## INGREDIENTS

- 1 cup grated zucchini
- 2 medium – large eggs
- 1 tablespoon olive oil for cooking
- Sprinkle of nutmeg (optional)
- Sea salt and pepper to taste

## METHOD

- Combine all ingredients in a medium bowl.
- Stir until well combined.
- Heat oil in a large pan over medium-high heat.
- Mould mixture into medium size balls and press flat into pan.
- Lightly cook until firm on one side, turn and cook the other side.



DETOX