

# Zucchini Pancakes (with Coconut Flour)



## INGREDIENTS

- 2 cups shredded zucchini (3-4 medium zucchini - with skin)
- Half an onion chopped
- 1-2 Tbsp coconut oil
- 3 eggs
- ¼ cup coconut flour
- ½ tsp himalayan salt
- ½ tsp turmeric powder
- ½ tsp paprika
- ¼ tsp cayenne pepper (optional)
- ¼ cup coconut milk (optional)
- 1 tsp crushed garlic

## PROCESS

Place shredded zucchini in a clean cotton cloth and squeeze out as much water as you can. In a large bowl, whisk zucchini, onion, eggs, flour and spices. In a frying pan, heat some coconut oil and pour a “serving-spoon size” of batter to form a nice round pancake. Cook on low to medium heat on both sides until middle is cooked. Serve with hot sauce or mint chutney for extra flavours.