

Veggie Fritters

These are tasty breakfast treats (no sugar) that taste great dipped in yogurt, or if you are trying to avoid dairy, a basic tahini sauce is also delicious. (recipe included below)

1 Bag Organic Broccoli Slaw
1 Small Finely Diced Organic Onion (optional)
3 Organic Free Range Eggs (I use 18 quail eggs instead of regular chicken eggs)
1/3 Cup Bob's Red Mill 1 to 1 Gluten Free Baking Flour
¼ tsp. Himalayan Sea Salt (Iodized if possible)
2 Tbsp. Oil -- more as needed
(Avocado Oil or Walnut Oil preferred, since Olive Oil reaches smoke point very quickly and can generate dangerous Trans Fatty Acids)

Instructions: Beat the eggs and salt together, add to the vegetables. Mix thoroughly, then add the gluten free all purpose flour and mix thoroughly again.

Heat a frying pan with the oil on medium heat (5 ½), turn to medium-low (3 ½) once heated. Spoon in the batter. The size of your fritters is up to you. I usually make 3 or 4 at a time and have to cook 2 or 3 pans before I am finished with a batch.

Cook until a nice light brown on each side and remove to a plate while you do the next pan adding more oil as needed. Be careful not to let the oil over heat, adjust heat as needed.

Basic Tahini Sauce

3 Tbsp. tahini
1 ½ to 2 Tbsp. lemon juice
1/8 tsp. Himalayan Sea Salt (iodized if possible)
1 Tbsp. filtered Water

Mix thoroughly – water causes the tahini to seize, so don't be surprised. Just keep mixing and it will come to a nice texture. Add more water if you would like it thinner.