



Bite-Sized Zucchini Fritter Cups

A great meal (or snack) for the family!



(See ingredients and recipe on back)

Got a muffin pan? Want a nice and homely snack or meal option for the family? These zucchini fritter cups can make for a perfect side dish or main entree. Simple ingredients but an incredible flavor-packed dish that everyone will enjoy.

Ingredients:

- 2 medium Zucchini (shredded)
- 1/2 small Yellow Onion
- 1 1/2 cups Almond Flour
- 2 Eggs (whisked)
- 2 cloves Garlic
- 1 tbsp Garlic Powder
- 1 tsp Himalayan Salt
- Black Pepper (to taste)

Instructions:

1. Preheat the oven to 400°F.
2. Place zucchini and yellow onion in a food processor using the shredding attachment and shred. Place in a couple paper towels and squeeze out all the excess liquid. You may have to replace the paper towels a few times!
3. Place zucchini and onion in a bowl, mix well with almond flour, egg, garlic cloves, garlic powder, salt and pepper.
4. Scoop out the mixture and place into 7 muffin cups. Either use silicone muffin liners or be sure to heavily grease each muffin tin to keep it from sticking.
5. Bake for 25–30 minutes.
6. Let cool before removing from the muffin tin.

Recipe video (and more tasty meals) available on the MaxLiving Healthy Recipes website!