

Easy Sweet Potato Fritters - Paleo - Whole 30

- Ingredients:**
- * 2 medium sweet potatoes peeled & grated (approx 4-5 cups)
 - * 2 green onions chopped
 - * 2 large eggs whisked
 - * 3 TBS coconut flour
 - * 1 teaspoon sea salt
 - * A few turns freshly ground pepper
 - * 2-3 tablespoon extra virgin olive oil or ghee
- Directions:**

- You can cook these in batches or use two pans. If cooking in batches you will need to carefully wipe pan clean with paper towel and add more olive oil in between batches.
- Line a colander with two layers of paper towels and set in sink
- Peel potatoes, use a food processor or box grater to grate
- Sprinkle sweet potatoes with sea salt and toss, pour into colander and allow to sit for 10 minutes while potatoes sit, whisk eggs and chop chives
- Use paper towels to squeeze out and excess moisture from potatoes and place in a large bowl
- Add whisked eggs, green onion, coconut flour and pepper mixing until well combined
- Place a pan on medium/high heat for two minutes
- When pan is very hot add oil or ghee allow oil to get hot but not smoking
- Add sweet potatoes to pan by the large spoonful (2-3 tablespoons) and use the back of the spoon to spread grated potatoes into a circle (try to keep fritters about a 1/4 inch thick, if they are too thin they will fall apart)
- Cook 4 minutes or so until the first side is browned, pressing with a spatula here and there, then gently turn fritters over to cook second side, turning down heat if necessary
- If cooking in batches, try to remove any bits of potatoes that broke off and add more oil to pan before adding second batch

Sauce for over Fritters

- Ingredients:** 1/2 cup avocado mayonnaise - 2 TBS honey - Dash of hot sauce
- Mix together and use on top of fritters

Easy Italian Keto Low Carb Zucchini Fritters Recipe

- Ingredients:**
- * 4 cups Zucchini (grated, loose in the measuring cup; ~ 2-3 (medium zucchini)
 - * 1/2 tsp Sea salt
 - * 1/2 cup Grated parmesan cheese
 - * 1 large egg
 - * 2 green onions sliced
 - * 1 tsp Italian seasoning
 - * 1 tsp garlic powder
 - * Olive oil (for frying)
- Directions:**

- Place the zucchini and salt into a large colander and mix together. Drain over the sink for 10 minutes.
- Wrap the zucchini in a kitchen towel. Squeeze and twist over the sink to drain as much water as possible
- Place the zucchini into a large bowl. Add remaining ingredients and stir together
- Heat a generous amount of olive oil in a large skillet over medium-high heat, for about 2 minutes.
- Spoon rounded tablespoonfuls (28 grams) of the batter onto the skillet and flatten to about 1/4 to 1/3 inch thick.
- Fry for about 2 minutes on each side, until golden brown.