

VEGETABLE FRITTERS

SEASONAL RECIPE | AUTUMN



Ingredients

3/4 white self raising flour (Try whole meal self-raising flour)

1 medium zucchini, grated

1/2 cup spinach, chopped finely

1/2 cup reduced fat cheese, grated

2 eggs, lightly beaten

3/4 cup milk

1 tablespoon, olive oil

1 tablespoon, yoghurt

Serves 4 | **25 minutes**

Methods

In a large bowl, sift flour and add salt, then add the veggies and cheese

Combine both the eggs and milk, stirring liquid ingredients into dry ingredients

In a large non-stick frying pan, heat oil

Add 1/4 cup mixture to the pan and cook until golden brown on both sides and cooked through

Repeat for remaining mixture

Serve with the yoghurt as a dip