

GOLDEN PANCAKE VEGGIE FRITTERS



INGREDIENTS

ITEM

IP Golden Pancake Mix
Egg
Water (As Required For Batter Consistency)
Grated Zucchini Or Cauliflower
Chopped Parsley And Chives

QUANTITY

1 Packet
1
2 Cups



PREPARATION

- 👉 In a mixing bowl, combine the Ideal Protein Golden Pancake Mix and the egg.
- 👉 Add water gradually and stir until you achieve a smooth batter consistency. The amount of water needed may vary, so add it slowly to avoid making the batter too thin.
- 👉 Fold in the grated zucchini or cauliflower into the batter depending on your preference.
- 👉 Add the chopped parsley and chives to the batter. These fresh herbs will provide a burst of flavor to your fritters.
- 👉 Heat a non-stick skillet over medium heat. You may lightly grease it with cooking spray or a small amount of oil if necessary.
- 👉 Using a spoon or ladle, scoop portions of the batter onto the heated skillet. Spread them out to form small fritters.
- 👉 Allow the fritters to cook on one side until they turn golden brown, which should take a few minutes.
- 👉 Carefully flip the fritters with a spatula and cook the other side until it's golden brown and the fritters are cooked through.
- 👉 Transfer the golden pancake veggie fritters to a serving plate. They are best enjoyed while hot and crispy.
- 👉 Enjoy!