

Sometimes, veggies need a little “pick me up.” Here, we’re combining several servings of vegetables into rich, savory pancakes that will make you forget you’re even eating veggies.

Serve these as a main, or even as an appetizer at your next gathering. P.S.: The kids will even love them too.

### Savory Veggie Pancakes

Prep: 10 minutes

Total: 20 minutes

Serves: 4 (makes 8 patties)

#### Ingredients:

1 small zucchini, shredded

1 medium yellow squash, shredded

1 medium carrot, shredded

1/2 onion

1 cup almond flour

1 egg, whisked

4 Tbsp arrowroot or 4 tablespoons potato starch

2 Tbsp Ava Jane avocado oil or coconut oil

1 tsp Ava Jane Everything Bagel Seasoning

Ava Jane Colima sea salt to taste

#### Instructions:

Shred all vegetables and mix with almond flour, egg, starch, and seasoning.

Heat a large skillet to medium high and add oil.

Form patties with the mixture, then fry until golden brown on each side (about 3-5 minutes)

Serve with a dollop of organic or plant-based sour cream or cashew cream cheese.