

Keto-Friendly Zucchini Fritters



Keto-Friendly Zucchini Fritters are a delicious and versatile dish that turn simple zucchinis into a delightful golden treat. The combination of grated zucchini, almond flour, and Parmesan cheese results in fritters that are crispy on the outside and tender on the inside. They make for an excellent low-carb snack, appetizer, or side dish, satisfying your cravings without straying from your keto diet.

Ingredients for 2 serving (US/Metric)

- 3.5 *pieces* **Zucchini**
- 4 *pieces* **Eggs**
- 86g / 3oz **Almond flour**
- 3 *tbsp* **Parmesan cheese**
- **Salt & pepper to taste**
- 3.5 *tbsp* **Olive oil**

Nutrition (US/Metric)

- **Protein: 18%**

- **Fat:** 75%
- **Net carbs:** 7%

Instructions

- Grate zucchinis and squeeze out the excess moisture.
- In a bowl, combine grated zucchini, eggs, almond flour, Parmesan cheese, salt, and pepper.
- Heat a bit of olive oil in a skillet over medium heat.
- Scoop tablespoon-sized portions of the zucchini mixture into the skillet and flatten with the back of a spoon.
- Cook until golden brown on both sides. Serve hot.