



Broccoli Fritters

Featured Greenhouse Ingredients: Broccoli



10 servings



40 minutes



INGREDIENTS

- 1 medium broccoli florets (head)
or approximately 3 1/2 cups florets
- 1/2 medium onion, roughly chopped
- 1/4 cup cilantro
- 2 cloves garlic
- 1/4 cup almond and chickpea flour
- 2 tablespoons ground flaxseeds
- 1/2 teaspoon ground cumin
- 1 teaspoon salt
- Avocado oil
- *Optional:* 1/4 teaspoon chili pepper flakes (if you like a little heat)

Broccoli Fritters: A Tasty Way to Eat Your Greens!

Looking for a fun and delicious way to get your daily dose of veggies? These gluten-free, vegan, and keto-friendly broccoli fritters are the perfect solution! Crispy on the outside and tender on the inside, these fritters are packed with nutrition, making them a great snack, side dish, or even a main dish when served as a burger.

Made with fresh broccoli and simple, wholesome ingredients, these fritters are a fantastic way to enjoy your greens without compromising on taste. Whether you're looking for a light snack or something hearty for dinner, these fritters will leave you satisfied and feeling great. Get ready to indulge in a healthy and flavorful treat that everyone will love!

Perfect for any meal—these fritters prove that eating your veggies can be absolutely delicious!

NOTES

- Non-vegans: Add crumbled feta cheese to mixture or as topping
- All of our recipes are sugar-free and gluten free!

**sourced from the Greenhouse Garden*



DIRECTIONS

1. Process Veggies:

Place broccoli florets, onion, cilantro, and garlic in batches in a food processor and process until crumbly (looks like rice grains).

2. Combine Ingredients:

Transfer to a large bowl. Stir in almond and chickpea flour, flaxseed meal, cumin, chili pepper, and salt. Mix well and squeeze together like you are forming a dough.

3. Cook Fritters:

Heat oil on medium in a large skillet. Form into patties about 1/4 cup, place fritters in the skillet, reduce heat to low and cook fritters on each side for about 4-5 minutes until golden brown.

4. Cook Evenly:

These are lightly fried and not deep fried. Cover the skillet between each flip to make sure the fritters are well-cooked in the middle.

5. Serve and Enjoy!

Pair with vegan ranch dressing, sour cream, or tahini.

