

Corn, Carrot and Zucchini Fritters

Serves 16



INGREDIENTS

1 & ½ cups wholemeal self-raising flour
1 large can of corn kernals
2 carrots
2 zucchini
1 cup low fat cheese
4 eggs
1 cup of low fat milk
Cooking spray

EQUIPMENT

1 Large bowl
1 Small bowl
Grater
Cup measurements
Fork
Knife
Chopping board
Mixing spoon
Tablespoon
Fry pan
Egg flip or spatula

METHOD

1. Grate carrots and zucchini into large bowl and add cheese, flour and corn.
2. Crack eggs into small bowl and beat. Then add milk.
3. Combine all ingredients into large bowl and mix.
4. Lightly spray fry pan. Pour spoonfuls into hot pan. Cook until golden both sides or mixture is cooked through.

COOK IT, PLATE IT, SHARE IT



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