

Courgette Mint and Feta Fritters

Ingredients

4 medium zucchini
4 oz (½ cup) cubed feta or goat cheese
1 handful fresh mint, chopped
2 medium eggs
Spray oil

Instructions

1. Grate zucchini and squeeze out excess water
2. Add mint, feta, eggs, and stir
3. Heat a frying pan with oil and fry batter by the spoonful until golden brown

Makes 4 servings

Nutrition analysis:

Cals 114
Carbs 8 g
Protein 8 g
Fat 7 g
Fiber 2 g

Exchange system: Count as 1 protein, 1 veggie

Adapted from: <https://www.ditchthecarbs.com/courgette-mint-and-feta-fritters/>