

RECIPE

Multi Healthy Fritters

25

Makes **25-30** fritters



Prep: 10 Minutes



Cooking: 40 minutes



INGREDIENTS

2 cups whole meal flour

1 cup spelt flour

2 teaspoons baking powder

½ teaspoon bicarbonate of soda

1 teaspoon vegetable stock powder

2 cups of filling of choice from list on the next page

Milk to mix approx. 600ml

COOKING INSTRUCTIONS

- ▶ Combine the dry ingredients together in a large bowl.
 - Using a spatula mix well together, this is great for children to help with.
- ▶ Gradually add milk and whisk until smooth batter is formed.

At this time add in your chosen fritter combination. (see next page)

- ▶ Heat the frying pan to medium, not too hot or the fritter can burn.
- ▶ Use olive oil spray to coat the frying pan.
- ▶ Using a large spoon drop spoonful into the pan and let it spread to about 6-8 cm, not too big as children need to hold them without breaking.
- ▶ Let the mixture cook and when the edges are done flip over and brown the opposite side.
- ▶ Place onto a cooling rack and cook the remainder of the mixture.
- ▶ Let cool and serve with a natural yoghurt dip, hummus, tzatziki or on their own.

RECIPE

Multi Healthy Fritters *Continued*

FRITTER COMBINATIONS

- ▶ Zucchini, corn, chive
- ▶ Mashed pumpkin, mixed spice
- ▶ Banana, oats, vanilla
- ▶ Cheese, parsley, chive
- ▶ Cheese, pumpkin, zucchini
- ▶ Carrot, zucchini,
- ▶ Ricotta, sweet potato
- ▶ Cooked quinoa, mashed pumpkin, zucchini curry powder

FOR LUNCHBOXES, ADD PROTEIN:

- ▶ Cooked red lentils
- ▶ Tuna, corn, cheese
- ▶ Chickpeas and spices, pumpkin
- ▶ Pumpkin, mashed butter beans, herbs
- ▶ Cheese, tomato, diced, basil



A filling snack for on the go, great served cold.

Adding protein can help children feel fuller for longer.

Lasts for 3 days in fridge.

Great for using leftover chopped vegetables from dinner.
