



Baked Carrot Fritters

Serves 10

4 medium carrots, grated
1 small egg
4 tbsp. all-purpose flour
1 clove garlic, minced
1 tsp. ground cumin
salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C) and prepare a baking tray lined with baking paper.
2. In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.
3. Bake the fritters for 12 minutes, then turn them over and bake for a further 12 minutes on the other side until golden.
4. Serve hot or cold. These fritters can be refrigerated in an air-tight container for up to 2-3 days.

Serving suggestion: sweet potato hummus



DF	LC	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	33	1	6	1

*Nutrition per serving