

Mini Zucchini Pancakes



3 Ingredients, 4 serves, 5 Minutes Total Time

3 eggs

2 cups zucchini (grated)

1 tablespoon coconut flour

Instructions

- Crack the eggs into a bowl.
- Sift the coconut flour into the eggs and beat them together until smooth.
- Add the grated zucchini and season to taste.
- Heat a little oil in a frying pan and spoon dollops of the batter in little circles.
- Cook until golden on both sides.

Serve warm with cream cheese and chives on top (optional).

Warnings

****ZUCCHINI:** (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

****COCONUT FLOUR:** 1/4 cup maximum per meal for SIBO phase 1 & 2

Nutritional Information (per serving)

Calories	66
Total Fat	4g
Saturated Fat	2g
Cholesterol	123mg
Sodium	52mg
Total Carbohydrate	2g
Dietary Fibre	1g

Sugars	2g
Protein	5g
Calcium	29mg
Iron	1mg
Magnesium	16mg
Phosphorus	91mg
Potassium	214mg
Vitamin C	11mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--