

Zucchini Pancakes



3 Ingredients, 4 Servings, 20 Minutes Total Time

3 eggs

2 cups zucchini (shredded, using a food processor with a shredding disc is ideal, or you can shred them by hand)

1 tablespoon coconut flour

Instructions

- Sift the coconut flour into the eggs and beat them together.
- Gently, add in the shredded zucchini and season to taste with sea salt & pepper.
- Use a large cast iron skillet/ frying pan over medium-low heat with coconut oil or bacon grease coating the pan. Spoon the mixture into the pan in desired sized pancakes.
- Serve warm or at room temperature/on-the-go, alone or with sausage or bacon.

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	--