

Prep time: 5 mins - Cook time: 10 mins – Makes 4 Fritters

## Sweet Potato Fritters

### Ingredients

- 1 Cup Grated Sweet Potato
- 1 tbsp. Onion finely chopped
- 3 tbsp. Almond Meal
- 1 tbsp. Chia Seeds
- 1 egg
- Salt and Pepper to taste
- Coconut or Olive Oil for frying



### Instructions

1. In a small bowl whisk the egg well
2. Add remaining ingredients and ensure they are thoroughly combined
3. Heat the oil in a frypan over medium heat
4. Drop mixture into the hot pan using about 2 tbsp. of mixture per fritter, Cook for 3-4 minutes before flipping fritter over to cook the other side.

### Notes

Also works with zucchini or beetroot (or a combination) in place of the sweet potato. Serve with bacon and eggs, or spread with avocado and smoked salmon, or as a side dish with dinner...the possibilities are endless