

Easy Butternut Squash Fritters

Serves: 4 +

Makes: 16 cakes total

INGREDIENTS:

5 cups butternut squash, shredded
1/2 cup oat flour (ground up gf oats)
2 eggs
1/4 tsp dried basil
1/4 tsp dried thyme
1/8 tsp garlic powder
Salt/pepper

Greens: kale, spinach, swiss chard

Proteins: eggs, turkey sausage patties,
chicken

Notes: A healthier take on hashbrowns !



Serving size: 2-3 cakes + greens & protein of choice

INSTRUCTIONS:

1. Cut the ends off the butternut squash so it stands up-right on a cutting board.
2. Using a potato peeler, peel off the outside skin. Then slice in half length - wise.
3. Scoop out the seeds in the middle.
4. Using a stand-up grater, grate the squash so it looks like hashbrowns. Keep going until you have about 5 cups worth.
5. Add shredded squash, eggs and seasonings to a bowl and mix well.
6. Heat a pan on the stove top over medium. Add a little olive oil and scoop out 1/4 cup of the mixture. Pat it down into a pattie shape in the pan and let it cook for ~2 minutes on each side until crispy and lightly golden brown!
7. In a separate pan, cook off your greens and protein of choice.