



# *Fluffy Corn Fritters*

*SNACKS/LIGHT MEALS*

## Ingredients:

- Corn kernels: 3 cups (if using frozen corn ensure the corn kernels are completely defrosted first before adding to the other ingredients)
- Chickpea flour: 1.5 cups
- Water:  $\frac{2}{3}$  cup approx. (you may need slightly less or more depending on the moisture level in the corn)
- Baking powder: 1.5 tsp
- Garlic powder: 1.5 tsp
- Coriander/cilantro:  $\frac{1}{4}$  cup finely chopped
- Salt and pepper to taste

## Method:

Combine all of your ingredients EXCEPT the water, mixing the ingredients without the water is important as there is some moisture retained in the corn and it's best to see how much moisture is in the mix before you add the water. Slowly add the water and continue to mix until you're left with a thick batter. Allow the mix to sit for 5 minutes, this will allow the baking powder to work its magic. You will see bubbles rise to the surface of the mix, more bubbles equal a lighter batter. Note: Please DO NOT substitute baking soda for baking powder, as it will change the flavor profile of the dish. Heat your non-stick pan to medium-high. Add 2 tablespoons to create one fritter. You can certainly make the fritters bigger or smaller depending on what you prefer.

Once bubbles rise to the surface and the mix cooks around the edges turn over and cook for a couple of minutes. Enjoy with your favorite toppings. My favorite toppings include my oil-free balsamic caramelized onions (refer to the 'Spreads, Sauces & Basics' section of the recipes on our website), avocado, coriander/cilantro, and pomegranate seeds.

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