



Corn Fritters

These delicious fritters were created by my wife Dr. Coral Dixon and the inspiration came from the recipe book - *WHOLE : recipes for simple wholefood eating*. Serve them with a green salad for an awesome lunch.

Serves: 4, Prep time: 00:05, Cook time: 00:10

Instructions

Fry the 1 chopped onion, then put the onion in a large bowl and add the rest of the ingredients.

Mix into thick but moist batter.

Fry in olive or coconut oil (keep warm in the oven).

Serve with a blob of hummus, or guacamole plus chopped herbs/cherry tomato and a big green salad.

Ingredients

- 1 Onion, chopped
- 400g (can) grams Can of creamed corn, or 2 cups frozen or off the cob
- 1 teaspoon Garlic (chopped), then crushed
- 0.5 teaspoon Salt
- 1 grams Black pepper, A grind (0 oz)
- 1.5 cups Chickpea Flour
- 0.5 cups Water
- 0.5 cups Capsicum, Red, raw
- 10 Basil leaves, chopped
- 1 cups Ground Almond

