

Zucchini Broccoli Pancakes

Created by Kristy Regan for the NUNM SIBO Lab

Once you're comfortable with this basic recipe, experiment with adding different spices (like curry or Italian herbs) and topping the pancakes with sautéed or roasted vegetables and meat. While savory, these pancakes don't have a big broccoli taste so they're a great way to add in some extra veggies for non-vegetable loving kids or adults.

Ingredients:

2 cups shredded zucchini
1 cup steamed and pureed broccoli
3 eggs
1 T coconut flour*
½ t salt + more as desired
¼ t fresh black pepper
Coconut oil or avocado oil for frying
Vegetables and/or meat for toppings (optional)

Instructions:

1. Steam broccoli until well cooked and then puree in a food processor or blender.
2. Shred the zucchini and set it on paper towels to soak up excess moisture.
3. Beat the eggs in a large bowl.
4. Sift the coconut flour into the egg mixture, making sure the mixture doesn't have clumps.
5. Add the broccoli, zucchini, salt and pepper and stir to incorporate.
6. Add the oil to a large skillet and heat until hot but not smoking.
7. Add spoonfuls of batter to the pan to form small pancakes.
8. Sprinkle salt on top of pancakes if desired.
9. Flip pancakes when the edges begin to turn golden.
10. Pancakes can be topped with meat and additional vegetables if desired.
11. Serve warm. Pancakes can also be kept in the refrigerator or freezer. Thawed pancakes can be reheated in a skillet until they're warm and slightly crispy.

*Coconut flour has been measured as high FODMAP in 2/3 cup amounts by Monash University. Since there isn't a known lower amount that is high or low FODMAP, we are still featuring recipes with small amounts of coconut flour per serving.