



BROCCOLI FRITTERS

Ingredients:

- 1 BROCCOLI, STEM REMOVED
- 2 EGGS
- 60G SHREDDED CHEDDAR
- 30G ALMOND FLOUR
- 1 CLOVE GARLIC
- 1 TSP ONION POWDER
- 1/2 TSP PAPRIKA
- 1/2 TSP SALT
- 1/4 TSP PEPPER
- 1 TBSP OLIVE OIL

Method

1. CUT BROCCOLI INTO FLORETS. THEN, PROCESS BROCCOLI IN A FOOD PROCESSOR INTO VERY SMALL PIECES (SIZE OF RICE GRAINS).
2. IN A LARGE MIXING BOWL, ADD ALL INGREDIENTS EXCEPT FOR OLIVE OIL. MIX UNTIL COMBINED THOROUGHLY.
3. HEAT UP 1/2 TBSP OLIVE OIL IN A NON-STICK PAN OVER MEDIUM-LOW HEAT. SPOON A LARGE SPOONFUL OF BATTER INTO THE PAN AND FLATTEN SLIGHTLY WITH THE BACK OF A SPATULA. COOK FOR 2-3 MINUTES ON EACH SIDE.
4. REPEAT UNTIL ALL BATTER IS USED. ADDING MORE OIL IN BETWEEN BATCHES IF NECESSARY. REMOVE FROM PAN AND ENJOY!

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Nutritional Information

BROCCOLI - BROCCOLI IS A VERY STRONG SOURCE OF FIBRE AND PROTEIN, WHICH HELPS TO BUILD STRONG, HEALTHY MUSCLES. IT ALSO CONTAINS IRON, POTASSIUM, CALCIUM, SELENIUM AND MAGNESIUM AS WELL AS THE VITAMINS A, C, E, K AND A GOOD ARRAY OF B VITAMINS INCLUDING FOLIC ACID.

EGGS - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGG WHITE, WHICH ALSO INCLUDES VITAMIN B2 AND LOWER AMOUNTS OF FAT THAN THE YOLK. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

GARLIC - GARLIC IS AN EXCELLENT SOURCE OF VITAMIN B6 (PYRIDOXINE). IT HAS THE COMBINED EFFECTS ON REDUCING CHOLESTEROL AND BLOOD PRESSURE, AS WELL AS THE ANTIOXIDANT PROPERTIES THAT MAY REDUCE THE RISK OF COMMON BRAIN DISEASES LIKE ALZHEIMER'S DISEASE AND DEMENTIA. GARLIC CONTAINS ALSO ANTIOXIDANTS THAT PROTECT AGAINST CELL DAMAGE AND AGEING.

ONION - ONIONS CONTAIN ANTIOXIDANTS AND COMPOUNDS THAT FIGHT INFLAMMATION, DECREASE TRIGLYCERIDES AND REDUCE CHOLESTEROL LEVELS — ALL OF WHICH MAY LOWER HEART DISEASE RISK. THEIR POTENT ANTI-INFLAMMATORY PROPERTIES MAY ALSO HELP REDUCE HIGH BLOOD PRESSURE AND PROTECT AGAINST BLOOD CLOTS.

PAPRIKA - PAPRIKA CONTAINS CAPSAICIN, A COMPOUND FOUND IN PEPPERS THAT HAS BEEN SHOWN TO HAVE A WIDE RANGE OF HEALTH BENEFITS. FOR EXAMPLE, IT HAS ANTIOXIDANT PROPERTIES, CAN HELP REDUCE THE RISK OF CANCER AND HEART DISEASE, IMPROVE IMMUNITY, AND EVEN ALLEVIATE GAS.

OLIVE OIL - AT THE END OF THE DAY, QUALITY EXTRA VIRGIN OLIVE OIL IS INCREDIBLY HEALTHY. DUE TO ITS POWERFUL ANTIOXIDANTS, IT BENEFITS YOUR HEART, BRAIN, JOINTS AND MORE. IN FACT, IT MAY BE THE HEALTHIEST FAT ON THE PLANET. NOOM HELPS YOU ADOPT HEALTHY HABITS SO YOU CAN LOSE WEIGHT AND KEEP IT OFF.