



VEGGIE QUINOA FRITTERS

Soy-Free. Sugar-Free. DF. GF. Vegetarian.

*Main recipe is good for ALL Blood-types

What You'll Need:

- 1.5 cups quinoa
- 1.5 cups water
- 4 eggs
- 2 tbsp almond flour
- 5 leaves of Lacinato kale, finely chopped without stem
- 1 tbsp of shallots, finely chopped
- 5 cloves of garlic, finely chopped
- 1 small bundle of parsley, finely chopped

Cook quinoa in water on high until boiling without lid. Once it comes to a boil, place lid on and let simmer off heat for 15 minutes. Prep all other ingredients while quinoa is cooking & place in a bowl for mixing. Mix all ingredients together.

Warm fry pan on medium-high, spray pan with avocado oil or something similar. Make patties by hand and place them in pan. Cook on each side until golden brown.

Note: For the most health-conscious version of this recipe, use all organic ingredients.

Serve with multiple choices

- On your favorite salad
- On a bun, like a burger
- In a taco
- With a side of veggies
- On some mashed sweet potatoes
- With some eggs & bacon

Whatever you desire, you just can't go wrong with these!

Some other options you can add in:

- Spinach
- Tomatoes
- Purple cabbage
- Onions
- Broccoli
- Mushrooms
- Bell peppers