

# savory zucchini butternut squash pancakes

**Makes approximately 4 servings**

RECIPE ADAPTED FROM: [My Body, My Kitchen](#)

PREP TIME: 10 minutes

COOK TIME: 15 minutes

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- 2 medium zucchinis, grated
  - 1 cup of grated butternut squash (can substitute with sweet potato)
  - ¼ cup chopped green onion
  - ¼ cup flour of choice (I used almond flour)
  - 1 tsp fresh thyme leaves
  - 2 eggs
  - 2-4 cloves garlic, grated
  - Salt, black pepper, paprika and cayenne pepper to taste
  - 1 Tbsp avocado oil

WRAP grated zucchini and butternut squash in a clean kitchen towel or cheesecloth and squeeze to remove excess liquid.

COMBINE all ingredients (except avocado oil) in a large bowl and mix well.

HEAT avocado oil in a skillet over medium-high heat.

SPOON in about ⅓ cup of batter per pancake; flatten and shape into a circle. Leave plenty of room in the pan to allow for flipping. If pancakes are juicy, use your pancake turner to press down on pancake to squeeze out extra moisture before flipping. Cook for about 2½ to 3 minutes per side until golden brown.

SERVE with plain Greek yogurt and/or sliced avocado.

