



# Baby Marrow FRITTERS

## *you will need*

3-4 shredded baby marrows,  
liquid squeezed  
2 eggs  
100g crumbled Feta cheese  
5 tablespoon Cassava Flour  
(add more if dough is too  
runny)  
Fresh Chopped Dill & Parsley  
Salt and Black Pepper to  
taste  
Olive oil or Coconut oil for  
frying

## ♥ *method*

- Mix all the ingredients and fry in batches.

The frittatas can be frozen and used with fresh cherry tomatoes, pieces of cucumber or fresh sweet peppers

ORGANIC  
choice