

# ZUCCHINI SWEET POTATO LATKES

## INGREDIENTS

- 2 Potatoes (medium) (shredded)
- 1 Zucchini (small) (shredded) (drained)
- 1 Sweet potato (small) (shredded)
- 1 Onion (small) (grated)
- 1/2 C Egg substitute **OR** 2 eggs (beaten)
- 1 1/4 t Salt
- 6 T Oat bran
- 3 T Olive oil



## DIRECTIONS

- 1 Mix all the ingredients, except the oil, in a large bowl
- 2 Heat olive oil in a saute pan at medium-high heat
- 3 Place spoonfuls of mixture into pan & flatten each with spatula.
- 4 Fry latkes until golden brown on both sides
- 5 Remove with spatula & place on layers of paper towels to dry up some of the excess oil

