



Vegetable Fritters with Mint Yogurt

Ingredients for 4 servings:

For the vegetable fritters (12 fritters): 250 g zucchini, 250 g carrots, 1 bunch of spring onions, salt, 1 bunch marjoram, 100 g soybean sprouts, 4 eggs, freshly ground pepper, **100 g Köln® White Oats**, vegetable oil for frying

For the mint yogurt: 1 bunch of mint, 300 g yogurt, 2 tbsp. lemon juice

Preparation:

Clean and wash the zucchini and carrots and grate or slice them. Clean and wash the spring onions and cut them into rings. Wash marjoram and chop. Wash and drain soybean sprouts. Beat eggs until foamy and season generously with salt and pepper. Add vegetables, oat flakes and marjoram carefully. Heat vegetable oil in a non-stick pan. Fry 12 vegetable fritters in portions in the hot vegetable oil until they are golden brown and allow to cool.

Wash the mint and chop finely. Mix yogurt, lemon juice and mint. Season with salt and pepper and serve with the vegetable fritters.

Preparation time: approx. 30 minutes