

Veggie patty

by Valentina Tomme

Ingredients

Ingredient	Amount
Zucchini (middle)	2
Carrot (big)	2
Leek	2
Spring onion	4-5
Citron juice	75ml
Oatmeal	3-4 cups
Eggs	3-4
Salt	
Pepper	

Instructions

1. Mix together
2. Form 1cm thick patties
3. Fry in oil

Nutrients

Nutrient	per 100g	Total
Energy		
Carbohydrates		
Dietary Fiber		
Sugar		
Fat		
Saturated Fat		
Trans Fat		
Cholesterol		
Sodium		
Protein		
Vitamin A		
Vitamin C		
Calcium		
Iron		

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