

JUNIOR EXPLORER

Rainbow Fritters

These Vegetable Fritters, made with zucchini, carrot, corn and bell pepper are sure to be a hit with the whole family! Pop them in the lunchbox for a great snack, or serve them as part of the main meal.

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients:

- 1 Medium Zucchini grated (Approx 1 cup)
- 1 Small Carrot, grated (Approx 1/2 cup)
- 1/2 Red Bell Pepper, finely diced (Approx 1/2 cup)
- 1/2 cup Corn Kernels
- 1/4 cup Parmesan, grated
- 1 tbsp Parsley, finely chopped
- 2 Eggs
- 1/2 cup Flour
- 1 tbsp Oil, for frying

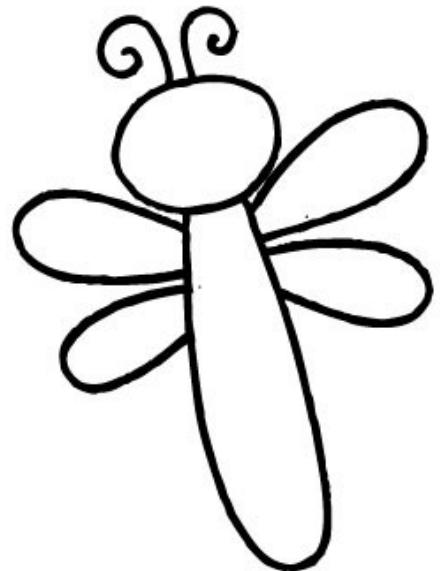
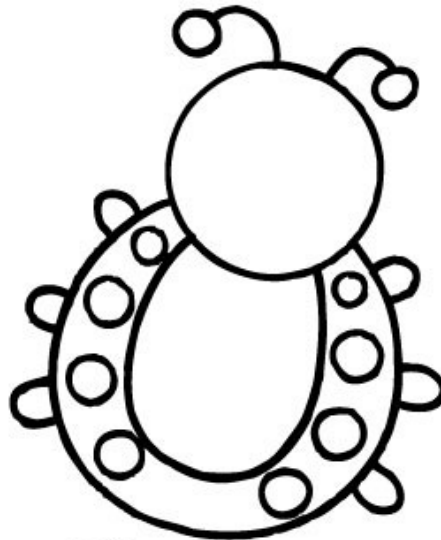
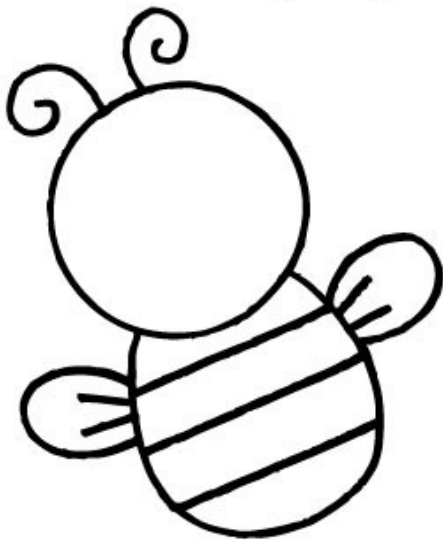


Directions:

1. Squeeze out the liquid from the Zucchini and Carrot: When making these, you want to make sure you squeeze excess water out of the zucchini and carrots. If you skip this step then you will change the consistency of the batter and they won't flip properly.
2. Mix all the ingredients together.
3. Fry: Heat 1/2 tbsp of oil in a frying pan over medium heat. Fill an ice cream scoop with the mixture and drop into the pan. Flatten slightly with a fork/spatula. Fry for 2-3 minutes on each side.



Funny bugs! Fill in the faces.



how do bees get
to school?



zzzzz poops o no

what season is it
when you are on
a trampoline?



spring-time

what do you call a
plant that roars?



a dandelion