

## ZUCCHINI PANCAKES / ZUCCHINI PUFFER



Category: Vegetarian main courses

Created: on 2017-08-22

Qualified by: Supercook DE

Suggested by:  
bosquesnegros

Total preparation time:  
01:12 Minutes

### INGREDIENTS FOR 4 SERVES

<b>2-3 piece</b>	zucchini (courgettes)
<b>120 gram</b>	Flour, spelt or wheat
<b>6 tablespoon 15ml</b>	cream
<b>6 tablespoon 15ml</b>	milk
<b>2 piece</b>	eggs
<b>1 teaspoon</b>	salt
<b>1 pinch</b>	pepper
<b>3 tablespoon 15ml</b>	sunflower seeds
<b>3 tablespoon 15ml</b>	coconut fat

### STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).