



Cooking in the Kitchen at Olums

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Pumpkin Farro Fritters

Makes 10-12 fritters

Ingredients:

- 1 15 oz. can of pumpkin puree
- $\frac{3}{4}$ cup white wheat flour
- $\frac{3}{4}$ cup cooked farro
- $\frac{1}{2}$ teaspoon garlic powder
- 1 teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon honey (or maple syrup)
- 1 egg
- olive oil

Directions:

1. In a large mixing bowl combine the pumpkin, flour, and cooked farro.
2. Add the garlic powder, cayenne pepper, chili powder, salt, and honey. Stir to combine.
3. Add the egg and stir to combine.
4. Preheat olive oil in a skillet. Add $\frac{1}{4}$ cup of the fritter mixture to the skillet for each fritter, flattening them slightly into patties.
5. Cook 3-4 minutes on each side until both sides are golden.
6. Let cool slightly before serving.

Serving suggestion: Serve cooked fritters with sliced green apple and crumbled blue cheese