



Makes 20
Cook Time: 50 minutes

INGREDIENTS:

2 russet potatoes, grated
1 large zucchini, grated
½ yellow onion, grated
½ cup oat flour
1 teaspoon baking powder
½ teaspoon freshly ground black pepper

Potato Pancakes

Here's my plant-based version of potato pancakes, a recipe that traditionally consists of shallow-fried grated potato, flour, and egg. My recipe here is free of the ingredients that damage our arteries. As a plant lover, I prefer dairy-free toppings, such as the traditional applesauce, or nontraditional choices like salsa, guacamole, or hummus.

From [Plant-Based Katie](#)

This healthy Potato Pancakes recipe and other kid-friendly ideas are also available in our convenient [iPhone app](#) and newly released [Android app](#).

By Katie Mae

1. Preheat oven to 425 degrees. Cover two sheet pans with parchment paper.
- 2 Spread half of the grated vegetables on a clean kitchen towel, then roll and wring the towel to draw out the excess moisture. Transfer to a large mixing bowl. Repeat with the remaining vegetables.
- 3 In a small bowl, combine the oat flour, baking powder, and pepper. Add to the vegetable bowl, and mix well, using your hands to evenly distribute the flour and baking powder.
- 4 Scoop about ¼ cup of potato mixture, and hand-shape it into a semi-tight ball. Flatten with your palms, and place the pancake onto the prepared pan. Repeat with the remaining mix, spacing the pancakes about 2 inches apart.
- 5 Bake for 12 minutes. Flip and bake for another 12 minutes, or to your desired level of crispness. Serve at once. Top with the condiment of your choice.