



## **RAMP FRITTERS** (GLUTEN FREE!)

### **INGREDIENTS**

- 1/2 cup Gluten Free Flour or organic all purpose flour
- 1 tablespoon baking powder (aluminum free)
- 1 teaspoon Homemade Seasoned Salt (see below)
- 1/4 cup grated parmesan cheese
- 2 large Eggs beaten
- 1/2 cup Sparkling Mineral Water COLD
- 3 cups coarsely chopped Ramps (both bulbs and greens)
- 1/4 + cup Butter or Ghee



### **INSTRUCTIONS**

1. In a small bowl, combine flour, baking powder, seasoned salt and parmesan cheese.
2. Add eggs and cold mineral water, mix until a smooth batter.
3. Fold in chopped ramps.
4. Heat butter in a cast iron skillet over medium heat. Drop spoonfuls of the ramp fritter batter (roughly 2 tablespoons) in to the hot skillet.
5. Cook each fritter 1-2 minutes per side, or until lightly browned and cooked through. Even if they get a little dark they are still delicious.
6. Transfer cooked fritters to a paper towel lined plate and season with sea salt.
7. While they are delicious served warm, right out of the skillet.. they are also great eaten cold as a leftover lunch/snack.

### **Home-made Seasoned Salt**

- 3T Garlic Powder
- 3T Onion Powder
- 3T Sea Salt
- 2t Paprika
- 2t Finely Ground Organic Black Pepper
- \*\* Optional: Crushed Red Pepper to taste for Spicy Seasoned Salt

Combine everything together and fill a shaker bottle, Enjoy!