

Black Bean Pumpkin Fritters



Ingredients:

- 3 cups black beans, cooked and mashed (drain if using canned beans)
- 1/2 cup pumpkin puree
- 1 egg
- 1 tablespoon maple syrup or honey
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 tablespoon pumpkin pie spice
- Cooking Spray

Directions:

1. Pre-heat oven to 375F. Spray a baking sheet with cooking spray.
2. Combine beans, pumpkin, egg, syrup, onion powder, and pumpkin spice.
3. Add 1 tablespoon flour to mixture at a time until the black bean mixture can be formed into 2 inch balls.
4. Flatten the balls into 1 inch fritters, and place onto the baking sheet. Leave 1 inch between each fritter.
5. Bake for 10 minutes, then flip the fritters and cook for another 10 minutes until crispy.
6. Allow to cool before serving.

Makes 16 fritters



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