

Low-Glycemic Cauliflower Fritters with Avocado

Crispy golden fritters packed with cauliflower and creamy avocado—a blood sugar-friendly alternative to traditional potato pancakes that keeps you satisfied.

Prep: 15 min

Cook: 18 min

Total: 33 min

Servings: 4

GL 1.1 / GI 26

Ingredients

Low GI vegetable, non-starchy, high fiber cauliflower, riced

Low GI, contains quercetin for blood sugar support red onion, diced

Zero GI, high protein slows glucose absorption large eggs

Zero GI, healthy fats improve insulin sensitivity ripe avocado

No glycemic impact sea salt

No glycemic impact, may improve nutrient absorption black pepper, freshly ground

Low GI, supports healthy glucose metabolism garlic powder

No glycemic impact, rich in antioxidants fresh cilantro, chopped

Zero GI, monounsaturated fats support metabolic health extra virgin olive oil

Instructions

Step 1

Prepare your ingredients by ensuring the cauliflower is finely riced (use a food processor or pre-riced cauliflower), dice the red onion into small pieces, and chop the fresh cilantro. Cut the avocado in half and scoop out the flesh.

Step 2

In a large mixing bowl, combine the riced cauliflower, diced red onion, and eggs. Whisk the eggs directly into the mixture until everything is evenly coated and well incorporated.

Step 3

Dice the avocado into small chunks (about 1/2-inch pieces) and gently fold them into the cauliflower mixture, being careful not to mash the avocado completely—you want some texture remaining.

Step 4

Season the mixture with sea salt, black pepper, garlic powder, and chopped cilantro. Stir thoroughly to distribute the seasonings evenly throughout the batter. The mixture should hold together when pressed but will be somewhat loose.

Step 5

Heat the extra virgin olive oil in a large non-stick skillet over medium heat for about 2 minutes until shimmering but not smoking. The proper temperature is crucial for achieving crispy exteriors without burning.

Step 6

Using your hands or a large spoon, scoop about 1/4 cup of the cauliflower mixture and form it into a flat patty about 1/2-inch thick. Pat firmly several times to compact the mixture and help it hold together. Place gently in the hot skillet, leaving space between each fritter.

Step 7

Cook the fritters undisturbed for 3-4 minutes until the bottom is golden brown and crispy.

Resist the urge to move them—this allows a proper crust to form that helps them stay intact.

Step 8

Carefully flip each fritter using a wide spatula and cook for an additional 3-4 minutes on the second side until golden brown and cooked through. The fritters should be firm and hold their shape. Transfer to a plate and serve immediately while hot and crispy.