

Brainy Bellies Pea Patties

A fun, protein and fiber packed patty that kids love! Made with simple wholesome ingredients, these little green patties are a delicious and easy way to get gut-healthy peas onto any plate. Perfect as a snack, side dish, or even a light meal!

Servings

Ingredients

- 16 ounces frozen peas, defrosted
- 1 cups quick oats
- 1 large egg
- 1 cups Parmesan cheese, grated
- 1 teaspoons all purpose herbs
- 0.5 teaspoons garlic powder
- 2 tablespoons olive oil or avocado oil
- 1 salt to taste

Steps

1. **Prep the peas:** Make sure your peas are fully defrosted, and drain excess water.

Blend in food processor: Add 16 ounces frozen peas, defrosted, 1 cup quick oats, 1 large egg, 1 cup Parmesan cheese, grated, 1 teaspoon all-purpose herbs, 0.5 teaspoons garlic powder, and 1 salt to taste to a food processor. Pulse until everything comes together into a thick, pasty mixture. It should be firm enough to scoop and shape but not too dry.

2. Transfer the mixture to a mixing bowl and let it rest for about 10 minutes to allow the oats to absorb some moisture.
3. **Form the patties:** Using a spoon or small ice cream scoop, scoop the mixture and form into small round patties with your hands. They should be about the size of a small slider.
4. **Heat the pan:** Heat a small amount of 2 tablespoons olive oil or avocado oil in a pan over medium heat. You may need to add more avocado oil as you go to prevent the patties from sticking to the pan. Once the oil is hot, add the patties in batches, being careful not to overcrowd the pan.

5. **Pan fry until golden:** Pan fry the patties for about 3 to 4 minutes 04:00 per side until golden brown and crispy on the outside. Flip carefully with a spatula.
6. **Serve and enjoy:** Remove from the pan and place on a paper towel to absorb any excess oil. Serve warm as a snack, side dish, or light meal.

Notes

These patties are a fantastic way to get gut-healthy peas into your child's diet! Peas are an excellent source of plant-based protein and prebiotic fiber that feeds the good bacteria in your child's gut microbiome. The Parmesan adds a savory, cheesy flavor that kids absolutely love. For best results, make sure your peas are fully defrosted and patted dry before adding to the food processor so the mixture is not too wet. Store leftovers in the fridge for up to 4 days or freeze for up to one month.