



FIXATE RECIPES

JICAMA HASH BROWNS

Serves: 2 (approx. $\frac{3}{4}$ cup each)

GF PF V VG

Total Time: 15 min.

Prep Time: 7 min.

Cooking Time: 8 min.

2 cups / 240 g	jicama, peeled, grated	$\frac{1}{4}$ tsp.	sea salt (or Himalayan salt)
$\frac{1}{4}$ tsp.	onion powder	$\frac{1}{4}$ tsp.	ground black pepper
$\frac{1}{4}$ tsp.	garlic powder	1 Tbsp.	ghee (organic grass-fed, if possible) (or olive oil)

1. After grating jicama, rinse thoroughly; wrap in a clean kitchen towel (or paper towels). Wring out as much moisture as possible.
2. Add onion powder, garlic powder, salt, and pepper to a medium mixing bowl; stir to combine. Add jicama; toss to coat.
3. Heat ghee in a large nonstick skillet over high heat until very hot.
4. Carefully add jicama; using a spatula, flatten jicama. Reduce heat to medium-high; cook for 3 to 4 minutes, or until golden brown on underside.
5. Flip; cook for an additional 3 to 4 minutes, or until browned on opposite side.

Nutritional Information (per serving):

Calories:	105	Cholesterol:	16 mg	Fiber:	6 g
Total Fat:	6.5 g	Sodium:	300 mg	Sugars:	2 g
Saturated Fat:	4 g	Carbohydrates:	11 g	Protein:	1 g

Container Equivalents (per serving)

■ 1 — 1½

Vegan Container Equivalents (per serving)

■ 1 — 1½

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.