**Celery Knob Flaxseed Latkes**

Yield: 9 medium latkes

**Ingredients:**
- 2 cups of finely packed shredded celery knobs
- ½ cup of onions, grated
- 1 ½ tsp. of ground flaxseeds
- 2 egg whites, slightly whipped
- 1 whole egg
- Salt and pepper to taste
- Optional ¼ cup finely chopped Swiss chard (without the stem), or a similar green vegetable

**Directions:**
Pre-heat oven to 375°F. Mix all ingredients together.
Form 9 pancake-like shapes from the batter. Place them on parchment paper. Lightly spray oil over the latkes.
Bake until both sides are golden brown.

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