

## Spinach and Zucchini Loaf

Makes 10 slices

- 1 cup almond meal
- 1 cup oats
- ½ cup buckwheat flour
- 1 tablespoon psyllium husks
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon ground nutmeg
- 1 cup spinach, chopped finely
- 1 cup zucchini, grated
- 4 eggs
- ½ cup coconut oil, melted
- 1 tablespoon honey
- ¼ cup walnuts, coarsely chopped
- 1 tablespoon apple cider vinegar
- 2 tablespoons pumpkin seeds

Preheat the oven to 180°C. Grease a loaf pan and line with baking paper.

Combine the almond meal, oats, buckwheat flour, psyllium, salt, baking powder, baking soda and nutmeg in a bowl. In a separate bowl beat the eggs until pale and fluffy. Add the eggs, oil, honey and ACV to the dry mixture and mix thoroughly. Add the spinach, zucchini and walnuts and stir through.

Spoon the mixture into the loaf tin and smooth with the back of a spoon. Top with pumpkin seeds and bake for 30-35 minutes or until a skewer inserted into the middle comes out clean.

Cool and slice. This will keep in the fridge for 1 week or in the freezer for 1 month and just toast when serving. If keeping in the freezer slice and place baking paper between each slice.

Avocado and Feta // rosemary mushrooms and poached egg // organic butter // tahini, goji berries and coconut // almond butter and chia seeds // avocado and smoked salmon // tuna, pea and mint mash // lemon ricotta and figs // quark and fresh dates // tahini, cinnamon and hemp seeds // avocado, coriander and chilli

