

## School lunchbox recipe - Veggie loaded zucchini slice

By Hayley Stockbridge, Naturopath

### Ingredients:

50g of shredded cheese  
2 large zucchinis  
2 carrots  
3 large mushrooms  
3 handfuls of baby spinach  
1 small onion  
5 eggs  
1 cup of wholemeal self raising flour  
50g of olive oil  
Salt and pepper to taste  
1 tomato, sliced to top



### Method:

- 1- Preheat oven to 180 degrees
  - 2- Line a baking tray with baking paper (aprox 30cm x15cm)
  - 3- Using a food processor, high powered blender or thermomix- finely chop the zucchini, carrots, mushrooms, baby spinach and onion
  - 4- Add the grated veggies to a bowl with the flour, salt, pepper, eggs, cheese and oil. Mix very well to combine
  - 5- Pour mixture into baking tray
  - 6- Top with slices of tomato
  - 7- Bake for 30-40 mins
- Freezes well, or keeps in the fridge for up to 5 days in an air tight container.

*Hayley has been working as a naturopath in clinical practice for over 10 years. Hayley consults at Northern beaches health & fertility on Tuesdays and Fridays.*