

HEALTHY ZUCCHINI SLICE

Ingredients:

- 5 eggs
- 150g (1 cup) self raising flour, sifted
- 375g Zucchini, grated
- 1 large onion, finely chopped
- 200g rindless bacon, chopped
- 1 cup grated cheddar cheese
- 60ml (¼) cup vegetable oil

Method:

1. Preheat the oven to 170C.
2. Beat the eggs in a large bowl until combined.
3. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir until combined.
4. Grease and line a 30 X 20cm pan. Pour into the prepared pan and bake in the oven for 30 minutes or until cooked through.



APPLE OAT COOKIES

Ingredients:

- 1 cup wholemeal plain flour
- 1 teaspoon of baking powder
- 1 cup rolled oats
- ½ cup desiccated coconut
- ¼ cup of pepitas/ pumpkin seeds
- ¾ cup dried cranberries
- 1 ½ teaspoons of cinnamon
- ½ teaspoon vanilla essence
- 3 small green apples, grated with core removed
- ½ cup olive oil
- 2 tablespoons of honey



Method:

1. Preheat the oven to 180C. Line 2 baking trays with baking paper.
2. In a large bowl, mix the baking powder, oats, coconut, pepitas, dried cranberries and cinnamon.
3. In a separate smaller bowl, mix the grated apple, olive oil and honey.
4. Add the wet ingredients to the dry ingredients, and stir until combined.
5. Roll tablespoons of the mixture into balls. Place onto lined baking trays and flatten until they are approximately 1cm thick.
6. Bake for 15 minutes or until lightly browned.
7. Remove from the oven and cool on a wire rack.