

Zucchini Slice



Serves	20
Prep time	20 minutes
Cook time	30 minutes
Total time	50 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical
Meal type	Savoury Snack
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 cup wholemeal self raising flour (sifted with husks added back in)
- 5 eggs
- 400g zucchini (peeled, grated and squeezed to remove the excess liquid)
- 100g sweet potato (peeled and grated)
- 200g preservative-free ham (roughly diced)
- 1 cup low fat cheese (grated)
- 1/4 cup sunflower oil

Directions

1. Preheat the oven to 180 C and line a 30 x 20cm slice pan.
2. Beat the eggs together in a large bowl, add the flour and beat until smooth.
3. Add the zucchini, sweet potato, ham, cheese and oil and stir until well combined.
4. Pour into the prepared pan and bake in the oven for 30 minutes.
5. Allow to cool in the pan for 5 minutes, then remove from the pan and cool a bit more on a wire rack, before cutting into slices. Can be served warm or cold.
6. Store in an airtight container in the fridge or in the freezer for longer storage.

Note

Amines, Moderate Salicylates, Low Glutamates