

Zucchini Slice



Why this recipe is so good:

- + It can be loaded with veggies
- + It only takes 10 minutes to make, then bakes in the oven
- + It's freezer friendly. Zucchini slice freezes and reheats so well, so it's great when you need a quick meal in a hurry
- + The slice stays together so can it be cut into finger-sized pieces for babies to hold, but is soft enough for babies to squish in their mouths even without teeth
- + It's so versatile. Keep on hand for a quick snack or a meal on the go. It is textural (ideal for children with ASD) and is flavoursome

NOTE: only for babies who have been successfully exposed to eggs

What you need:

- + 6 large eggs
- + 1 cup self-raising flour
- + 1 Onion (finely chopped)
- + 1 cup grated cheese
- + 100g chopped bacon (optional)
- + 500g zucchini, grated, with all liquid squeezed out
- + Lined loaf tin

What to do:

1. Preheat your oven to 180°C
2. Line a loaf tin with baking paper
3. In a large mixing bowl whisk the eggs until combined
4. Add the flour and mix thoroughly
5. Add the onion, grated cheese, zucchini and bacon (if desired)
6. Pour the mix into the lined loaf tin
7. Bake at 180°C for 40-50 minutes



Did You Know?

Zucchini slice can also be made into muffins – so good to freeze and throw into a lunchbox