



LEFTOVER VEGGIE BREAD

This recipe can be enjoyed savoury or sweet, it's so versatile. Try a thick slice smothered in cottage cheese with a sprinkle of cinnamon, or a layer of nut butter, a drizzle of tahini, or a few slices of avocado. If you'd prefer it more savoury than sweet, omit the rice malt syrup and enjoy it topped with a poached egg.

🕒 15 minutes

🕒 1 hour and 45 minutes

🍴 6 portions

INGREDIENTS

- 1 cup of almond Meal (120 g)
- 1 cup of buckwheat flour(120 g)
- 2 tsps of baking powder, low-sodium (10 g)
- 2 tsps of cinnamon (5 g)
- 1 tbsp of chia seeds, dried
- 1 cup, chopped of nuts, walnuts, english (117 g)
- 2 medium carrots, grated (122 g)
- 2 medium zucchini grated (392 g)
- 1 cup, sweet potato mashed (133 g)
- 2 large eggs (100 g)
- 1/4 cup of oil, coconut (55 g)
- 1 tbsp of rice Malt Syrup (10 g)

COOKING METHOD

- 1° Preheat oven to 180C / 350F/ Gas Mark 4. Grease a loaf pan (we used a medium loaf pan 240 x 132 x 63.5mm) and line with baking paper.
- 2° In a large bowl, mix almond meal, flour, baking powder, cinnamon, chia seeds and walnuts until well combined.
- 3° In a separate bowl, combine carrot, zucchini, sweet potato or pumpkin, eggs, oil and rice malt syrup.
- 4° Pour wet ingredients into dry ingredients and combine well.
- 5° Transfer to prepared loaf pan and cook in preheated oven for 60 - 90 minutes. The cooking time will vary so check it after an hour by inserting a skewer into the centre of the bread. If its comes out clean you're bread is ready.
- 6° Allow to cool for 10 minutes before removing from pan.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (200 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 241 kcal | 481 kcal | 24 % |
| FAT | 18 g | 36 g | 56 % |
| FATTY ACIDS, TOTAL SATURATED | 8 g | 16 g | 80 % |
| CHOLESTEROL | 31 mg | 62 mg | 21 % |
| SODIUM | 30 mg | 61 mg | 3 % |
| CARBOHYDRATE | 15 g | 30 g | 10 % |
| SUGARS | 3 g | 6 g | — |
| FIBER | 3 g | 7 g | 26 % |
| PROTEIN | 7 g | 14 g | — |