



ZUCCHINI & PARMESAN MINI LOAVES

This weeks recipe of the week has been made by our Lismore Store Manager Caroline Grissell. The recipe was shared with us by a friend of AW and we have it on good authority that it's a keeper. The staff thought so too! Enjoy.

Serving Size: 8

Ingredients:

1/2 cup *vegetable oil* (we used organic sunflower from the store)

500g grated *zucchini*

150g *parmesan cheese* (grated/shredded)

1/4 cup chopped *parsley*

60g *semi-dried tomatoes*

3 *eggs*

1 teaspoon *chives* (finely chopped)

1 cup *buckwheat flour*

1 teaspoon *baking powder*

Cracked black pepper

Method:

Pre-heat the oven to 180°C and line or grease 4 small loaf tins.

Put the zucchini, parmesan, parsley and chives into a bowl and mix.

Chop the semi-dried toms into strips and add to the zucchini mixture mixing well to ensure it is all well combined (leave a few aside for the topping).

Add the eggs, black pepper and oil and mix again.

Add the flour and baking powder and mix some more...

Pour the mixture into the prepared loaf tins (alternatively you can use muffins tins if you don't

have these).

Place the spare semi-dried strips on top of the loaves.

Bake for 20 minutes or until a skewer comes out clean.

Allow to cool before removing from tins. Enjoy!

Gluten Free | Refined Sugar Free