

Zucchini slice

1 cup of quinoa (gluten free) or wholemeal spelt flour (wheat free low gluten)

1 cup of macadamia feta or goat/sheep's feta

1 med carrot grated

1 med zucchini grated

5 eggs

1/3 cup of macadamia oil

Place all ingredients into a mixing bowl and blend with a spoon, pour into a greased pyrex dish and bake at 180 degree's for 40min or until golden and risen.

I put a skewer into it to check it comes out clean