



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 60 mins

Serves: 10 - 12

INGREDIENTS

- 12 eggs
- 200 mls coconut milk (or any milk)
- 1/2 cup coconut flour
- 3 large zucchini, grated
- 2 stalks celery, finely chopped
- 2 large carrots, grated
- 2 brown onions, diced
- 1/4 cup basil, chopped finely
- 1/4 cup coriander, chopped finely
- 1-2 tps curry powder
- 1/2-1 tsp pink rock salt
- Black pepper
- 1 tsp smoked paprika

METHOD

- Preheat oven to 160C.
- Line large ovenproof tray with baking paper. (I use 40cm x 26cm).
- Whisk eggs well, and then add coconut flour and mix until creamy.
- Add all other ingredients EXCEPT paprika, and mix well.
- Pour into prepared dish, sprinkle with paprika and bake for 60 minutes, or until browning on the top, and cooked through.
- Serve with a salad, or it makes a great healthy finger food for the kids.

NOTE: I use my Thermomix to chop my vegetables by placing sliced zucchini in and using turbo for 0.5 sec twice, repeat with the other vegetables, giving carrots longer if preferred. Remove water from celery and zucchini once diced.

ZUCCHINI SLICE

