

## Ingredients

**Serves 12, 24 or 48**

	12 SERVES	24 SERVES	48 SERVES
Carrots, grated	2 medium	4 medium	8 medium
Zucchini, grated	2 medium	4 medium	8 medium
Brown onion, diced	1 medium	2 medium	4 medium
Short cut bacon, diced	4 rashers	8 rashers	16 rashers
Grated cheese	1 cup	2 cups	4 cups
Plain flour	1 cup	2 cups	4 cups
Eggs	5	10	20
Olive Oil	½ cup	1 cup	2 cups



*Try cutting into bite sized pieces and serve as a finger food snack*

## Method

1. Preheat oven to 180°C and line a standard slice tray with baking paper.
2. In a large bowl, combine grated carrot, zucchini, brown onion, bacon, grated cheese and plain flour. Stir until just combined.
3. In a separate bowl or jug combine eggs and olive oil, lightly whisk together.
4. Add wet ingredients to vegetable mixture and stir until well combined. Season lightly with salt and pepper.
5. Pour into prepared tray and flatten with a spatula or spoon. Bake in preheated oven for 45 minutes or until golden brown.
6. Leave to cool slightly and set before slicing. Can be served warm or cold.

## Nutrition, hints and tips

- Eggs are rich in protein and many other nutrients including unsaturated fats and vitamins A, B and E.
- Protein is important for maintaining lean muscle mass and preventing malnutrition.
- The addition of vegetables increases the fibre and vitamin C content of the recipe and adds colour and flavour.
- Serve as a mid meal snack or as a light main dish with vegetables.

- This recipe is suitable for a soft diet if the corner or edge pieces are avoided. Instead, serve a piece from the middle of the slice.
- Omit the bacon if preparing for a vegetarian diet.
- Further protein and fibre can be achieved by the addition of cooked legumes e.g. cannellini beans or butter beans. These could be left whole or pureed before adding to the raw mixture.