



Spinach and Cheese Cake

Ingredients:

- 1 ½ - 2 cups of chopped spinach
- ½ cup mixed herbs (dill, parsley, mint)
- 1 small onion finely chopped
- 200gm grated fetta
- ¼ cup Romano or Pecorino Cheese
- ¼ cup Olive Oil
- 1 cup wholemeal SR flour
- 1 cup white SR flour
- ½ cup oat bran
- ½ cup wheat germ
- ½ cup pureed zucchini
- ½ teaspoon pepper
- ¼ teaspoon nutmeg
- 5 eggs
- ½ cup yogurt

Method:

In a large bowl place herbs, spinach, zucchini and onion and mix well, add cheeses and mix again.

In another bowl place sifted flour, oat bran, wheatgerm, pepper and nutmeg.

In a jug place the 5 eggs, beat and add milk.

Pour the egg mixture over greens, mix well and add flour.

Mix together well and pour into a baba tin (hole in the middle).

Cook in 175°C oven for 30-35 mins (45 minutes at the most)