

ZERO-WASTE CUISINE RECIPES

Starter/Mini-Bite

Cheesy Flapjacks

Ingredients

1/2 tsp each - garlic & onion powder

1 carrot, grated

1 small marrow, grated

2 eggs

150g block of feta cheese

2 tbsp extra virgin olive oil

2 tbsp pumpkin seeds

2 tbsp sunflower seeds

1 tbsp ground flaxseeds

1 cup jumbo oats

4 tbsp chickpea flour

1 tsp sea salt

1 tsp black pepper

Method

1. Preheat the oven on 190c and line a brownie tin with baking paper
2. Squeeze out the extra liquid from the grated zucchini with your hands or wrap it into a tea towel.
3. Beat the eggs in a mixing bowl, then add the carrots, zucchini, olive oil, onion and garlic powder and seeds.
4. Crumble the feta into the bowl, then add the chickpea flour and oats.

Season well and combine everything together.

5. Spoon the mixture into your lined baking tray and flatten with the back of your spoon.

5. Bake for 25mins or until golden brown on top and cooked through.

6. Leave to cool and store in an airtight glass container in the fridge. You can warm them up a little before serving or enjoy them cold.

They will last up to 5 days in the fridge.