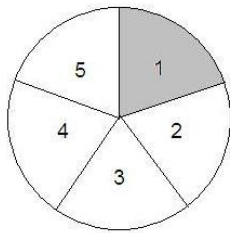


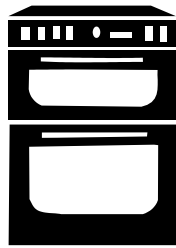
Spinach Cornmeal Bread

Serves 8

Portions of fruit & vegetables per serving: 1



Oven needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

Contains milk

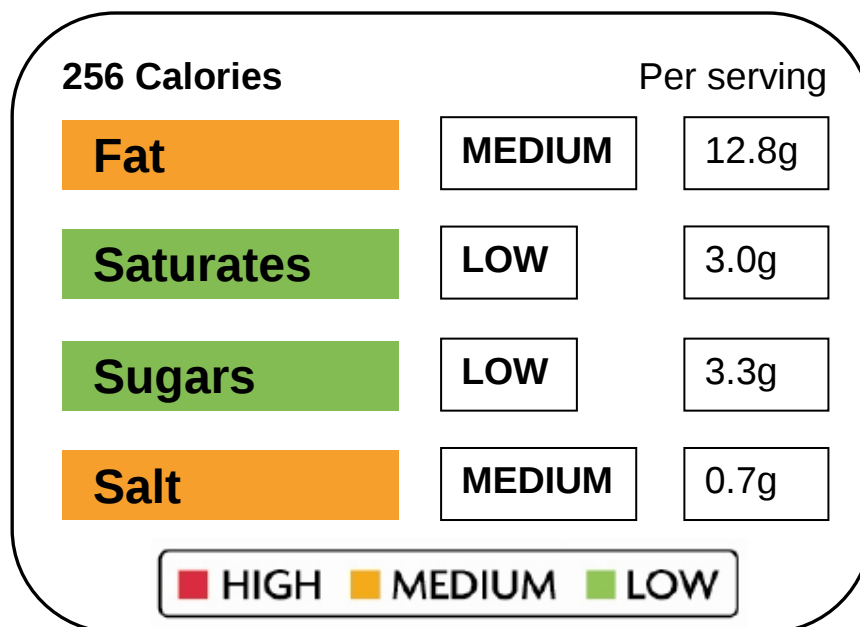
Contains egg

Ingredients	Amount	Preparation
plain flour	100g (4oz)	
cornmeal	125g (5oz)	
margarine	100g (4oz)	
baking powder	1 teaspoon	
frozen spinach	300g (12oz)	thawed and squeezed dry
sweet red pepper	2 medium	cut into small cubes
eggs	4 medium	lightly beaten
cottage cheese	250g (8oz)	
spring onions	8	sliced

Please Turn Over

Method

- 1 Pre-heat oven to 220°C/gas mark 6. Lightly grease a deep baking tray.
- 2 Put the flour and cornmeal into a large mixing bowl and rub in the margarine with your fingers until it looks like breadcrumbs.
- 3 Mix in the baking powder, next add the spinach, sweet red peppers, eggs, cottage cheese and spring onions and mix well.
- 4 Pour the batter into the baking tray, place in the middle of the oven and bake for about 30-40 minutes, until golden brown and firm to the touch.
- 5 Leave to cool before serving.



Handy Hints

- Try adding other vegetables such as sweetcorn or red onion to the mixture before cooking.
- Great as a tasty, filling snack!