



Carrot zucchini slice

This loaf is really easy and contains no added sugar. Makes around 12 slices. Per slice: Cal: 91; Fat: 7g; Pro: 3g; Carbs: 5g

Serves: 12, Prep time: 00:15, Cook time: 00:40

Instructions

Preheat oven to 170 degrees.

Grease a loaf tin.

Sift together the dry ingredients in one bowl and mix the wet ingredients into another.

Fold together until mixed well and pour into loaf tin.

Bake for about 35-40 minutes or until knife comes out clean.

Ingredients

- 0.5 cups Coconut flour
- 1 teaspoon Cinnamon
- 1 teaspoon Mixed spice
- 1 teaspoon Baking powder
- 0.5 teaspoon Himalayan salt
- 0.25 cups Coconut oil or butter, melted
- 3 Eggs
- 1 teaspoon Vanilla extract (I use Mrs Rogers unsweetened)
- 1 Medium courgette, grated
- 1 Medium carrot, grated
- 1 Medium apple, grated