



Traffic light category: **Green**

Serves: **8 slices**

## Ingredients

- 1 packet (approximately 300g) of frozen spinach (defrost and squeeze out most of the moisture before adding to the recipe)
- 1 ½ cups wholemeal self raising flour
- 3 eggs, lightly beaten
- 1 cup of reduced fat yoghurt
- 2 cups mixed frozen vegetables
- 2 teaspoons grated ginger (optional)
- 2 large cloves garlic, crushed
- ⅓ cup sesame seeds

## Method

1. Preheat oven to 180°C
2. Line a 2 litre baking tray with grease proof paper or spray lightly with canola oil
3. Mix all ingredients together and transfer to baking tray
4. Sprinkle with sesame seeds
5. Bake for approximately 30 minutes or until golden. Do not overcook as the edges will become very dry
6. Cut the slice into 8 squares for serving.

*Recipe adapted with permission from the  
Western Australian School Canteen Association Inc.*

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