

Spring Veggie Picnic Slice

Serves: 20
Prep: 15 mins
Cook: 30 mins

Dietary: VEG, NF
Age group: 8 months+
Mealtime: Snack

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Equipment

High-speed food processor
High-speed blender

Ingredients

- 2 cups (280g) wholemeal flour
- 1/3 cup (50g) pumpkin seeds
- 2 tsp (8g) baking powder
- 1 large carrot (200g), peeled and finely grated
- 2 eggs
- 1 cup (250ml) milk of choice
- ¼ cup (60ml) extra virgin olive oil
- 2 cups (250g) grated cheese

TOPPINGS (optional):

- Cherry tomatoes
- Red onions
- Olives
- Red or yellow capsicum
- Parsley stalks

Method

1. Preheat oven to 180°C and line a baking tray (35x25cm) with baking paper.
2. Place flour, pumpkin seeds and baking powder into a high-speed food processor and blend until it reaches a fine meal consistency.
3. Grate carrot and, using a clean tea towel, squeeze out a bit of excess water.
4. Add grated carrots, eggs, milk, oil and cheese to the flour mix in the blender. Blend until combined.
5. Pour batter evenly into the prepared baking tray.
6. Create floral designs on the batter by using cherry tomatoes, olives, capsicum as flower petals and parsley stalks as the flower stalks/grass.
7. Bake in the oven for 30 mins or until a cake tester comes out clean.
8. Allow to cool before slicing into pieces.

Storing leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water). For a dairy-free version: Leave out cheese and swap milk for a calcium fortified dairy-free alternative such as soy, oat or coconut milk. For a gluten-free version: Swap wholemeal flour for brown rice flour or a gluten-free flour mix.
- ✓ **Easy Ingredient Swaps:** Swap carrots for grated vegetables of choice such as pumpkin, parsnip, zucchini or sweet potato. Swap pumpkin seeds for sunflower seeds.
- ✓ **Steps for Children:**
 - Assist with measuring out ingredients
 - Take turns adding ingredients to food processor or mixing bowl
 - Help to squeeze excess water from the carrots
 - Create garden designs with toppings