

ingredients

- 6 eggs
- 1 & 1/4 cups corn kernels
- 1 cup reduced fat grated cheese
- 1/2 cup wholemeal flour
- 125g diced bacon
- 1 zucchini grated
- 1 cup baby spinach leaves

Note can add other vegetables eg grated carrot, finely chopped capsicum or roasted vegetables.

method

- 1. Pre-heat the oven to 180C fan forced.
- 2. Spray a loaf tin with olive oil
- 3. In a bowl whisk together the eggs
- 4. Add all the other ingredients and mix together
- 5. Pour into loaf tin and bake in the oven for 60 mins.

Makes 4 serves