



## HIGH PROTEIN SAVOURY PALEO LOAF

Gluten Free, Dairy Free, Paleo, Vegetarian

**SERVES:** 4

**TIME:** 40 minutes

**DIFFICULTY:** Easy



### INGREDIENTS:

- 1 1/2 cups almond meal
- 1/2 cup baby spinach leaves, finely shredded
- 1/2 cup sweet potato, finely grated
- 1/2 cup zucchini, finely grated
- 1/4 cup fresh parsley, roughly chopped
- 1/4 cup extra virgin olive oil
- 1 tsp sea salt
- 1 tsp cracked black pepper
- 2 egg yolks
- 4 egg whites
- Pepitas, for garnishing

### METHOD:

1. Pre-heat the oven to 180 degrees Celsius
2. In a bowl combine almond meal, spinach, sweet potato, zucchini, herbs, oil, salt, pepper and egg yolks – mix well to combine
3. In a separate bowl beat the egg whites with an electric mixer until stiff peaks form (about 5 minutes on high speed)
4. Using a metal spoon, carefully fold 1/3 of the egg whites into the almond batter at a time
5. Line a loaf tin with baking paper and carefully pour in the loaf mix



# NATMED

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6. Sprinkle with pepitas and bake for 30 minutes
7. Remove and allow to cool slightly before serving



Step 2

## NUTRITIONAL INFORMATION:

A favourite NOOD nut, the **almond** is super rich in manganese, copper and Vitamin E. It's antioxidant qualities aid in cardiovascular health, whilst its healthy fat and fibre content allow for a whole array of healthy benefits including increased energy, maintaining blood sugar levels, weight loss assistance, and healthy, glowing skin. Plus its high in protein making it perfect for vegetarians or a great post work out snack.

**Eggs** are most famously known for their high protein content containing the full array of amino acids and therefore making them a 'complete protein'. They also contain all of the B Vitamins and are a good source of selenium and iodine which are normally found in shellfish and fish. The yolk of the egg is high in healthy omega-3 fatty acids, all of the fat soluble vitamins (A, D, E and K), as well as most of the B vitamins, calcium, zinc and iron.

The uber green **spinach** leaf is very rich in the antioxidants 'lutein' and 'zeaxanthin' which are known to protect our vision and reduce the risk of macular degeneration and other eye related disorders. It is also a great source of beta-carotene (Vitamin A) which helps boost our immune system, and protects our bodies at a cellular level. Spinach has a high iron content and also contains potassium and magnesium.

**Sweet Potato** comes in both orange and purple versions with the purple boasting higher antioxidants. Rich in fibre, manganese, potassium and iron, they are packed with essential health boosting nutrients. Best known for their high content of Vitamin C and beta-carotene (Vitamin A), this vegetable acts to fight off free radicals, protect our skin from UV rays, improve our immune system, decrease stress levels and help digestion.