



HEALTHYFOOD
STUDIO

Almond-mealie bake WITH MUSHROOM AND GARLIC

INGREDIENTS

| | |
|----------|----------------------------|
| 1 cup | Almond flour |
| 1¾ cups | Fat-free or low-fat milk |
| 4 | Eggs, separated |
| 2 tbsp | Honey |
| ½ tsp | Salt |
| ¼ tsp | Ground black pepper |
| 2 tbsp | Coconut flour |
| 1 tbsp | Olive oil |
| 2 cups | Fresh corn kernels |
| 2 tbsp | Chopped rosemary |
| 2 cloves | Garlic |
| 2 cups | Sliced sautéed mushrooms |
| 1 cup | Grated reduced fat cheddar |

METHOD

- 01** | Grease a 20 cm x 20 cm oven dish. Prepare your coals like you would for baking bread. Coals on sides and space in centre.
- 02** | Mix the almond flour and milk in a saucepan until it forms a smooth mixture. Heat slowly while you stir for 5 minutes to 10 minutes until it's thick and steaming. Remove the pan from the heat.
- 03** | Combine the egg yolks with the honey, salt and pepper. Stir this through the almond pap along with the coconut flour and oil. Add the corn kernels, rosemary, mushrooms and garlic and half the cheese.
- 04** | Beat the egg whites in a separate bowl until stiff. Fold into the batter. Spoon the batter into the greased dish and sprinkle the rest of the cheese over it. Then cover with foil, shiny side in.
- 05** | Place it in the centre of the braai that is clear of the coals. Put some coals on the top. The bake will be ready after 35 minutes – it should be golden brown and slightly puffy.



COOKING

60
MIN

PREP

20
MIN

SERVES

8-12