

# Flaxseed & Lentil Veggie Loaf

## Ingredients

- 1 cup cooked lentils
- ½ cup grated zucchini
- ¼ cup finely chopped onion
- ¼ cup ground flaxseed
- ½ cup oat flour
- 1 tbsp tomato paste
- 1 tsp dried thyme
- ½ tsp garlic powder
- Salt and pepper to taste

## Instructions

1. Preheat oven to 350°F (175°C).
2. In a large bowl, mash the lentils.
3. Add remaining ingredients and mix until a thick dough forms.
4. Transfer to a small loaf pan lined with parchment paper.
5. Press the mixture in firmly and smooth the top.
6. Bake for 35–40 minutes. Let cool before slicing.

## Health Benefits

- Flaxseed: Helps bind the loaf naturally while offering omega-3s
- Lentils: High in protein and iron, essential for energy
- Zucchini: Hydrating and supportive to digestion
- Oats: Stabilize blood sugar and promote fullness