



National  
Obesity  
Forum



VITA CLINICS

## **POST BARIATRIC SURGERY RECIPE**

### **Courgette and Oat Loaf**



A good alternative to sliced breads and rolls to accompany lean meats, fish or salads for packed lunches.

Number of servings standard portions: 10 slices  
Number of servings bariatric portions: 14 slices

Nutrition	per 100g	per bariatric portion
Energy Kcals	234	173
Protein g	10.9	8.1
Carbohydrate g	23.2	17
Fat g	10.8	8

### **Ingredients**

50ml vegetable oil  
130 low-fat natural yogurt  
2 large eggs  
300g plain flour  
50g rolled oats  
2teaspoons of baking powder  
1teaspoon salt  
120g grated parmesan cheese  
250g courgettes, coarsely grated  
Pinch of ground paprika

### **Method**

- Preheat the oven to 190°C, fan 175°C, gas mark 5. Line a 1.5 litre loaf tin with baking parchment. In a bowl whisk together the oil, yogurt and eggs.
- In a separate bowl, combine the flour, oat bran, paprika, baking powder and salt, and mix well. Add the oil mixture, cheese and courgettes to the dry ingredients and stir until just mixed – the mixture will be stiff at this stage.
- Spoon the mixture into the prepared tin and bake for 30 minutes. Turn the tin around and continue to bake for another 30-40 minutes or until a skewer inserted into the centre comes out clean. Cool briefly before removing the loaf from the tin to cool completely. Slice and serve with a low fat spread.