



# Green Eggs and Ham Squares



Unlock the power of omega-3 for sharper minds! Our mayos are very high in omega-3, a vital fatty acid that nourishes the brain, supporting cognitive function and mental clarity.

Here's why this is an ingredient for better living:



## Ingredients:

- + 500 grams of spinach
- + ½ head of fresh broccoli
- + ½ cup B-well Thick & Creamy Mayonnaise
- + 1 cup milk
- + 1 cup whole wheat flour
- + 1 teaspoon baking powder
- + Pinch of salt
- + 90 grams cheddar cheese, grated
- + ½ cup lean ham, diced
- + B-well Canola Cooking Spray

## Instructions:

1. Preheat the oven to 180°C. Grease a large baking dish with cooking spray.
2. Cook the spinach and broccoli in a pot with water or a steamer until tender. Once cooked, blend together in a blender.
3. In a large bowl, combine the mayonnaise, milk, flour, baking powder, and salt.
4. Add the grated cheese, diced ham, and the blended spinach and broccoli to the mixture. Stir until well combined.
5. Pour the mixture into the prepared baking dish, spreading it out evenly.
6. Bake for approximately 30 minutes or until the top is lightly browned.
7. Once cooled, cut the dish into squares and store in the refrigerator.

Dairy products like cheese, milk and yoghurt are **rich in calcium, potassium, and vitamin A**, essential nutrients often lacking in the diets of South African children. On the veggie side, experiment with different vegetables in this recipe such as baby marrows, carrots, butternut, and mushrooms for variety and added nutrition.

