



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Cake with Spinach

Ispanaklı Kek



1 bunch spinach (8.8 – 10.5 ounces)
1 cup feta cheese
1 cup yogurt
1/2 cup vegetable oil
7 tbsp milk
2 eggs
1 + 1/2 cups flour
1 pack baking powder
1 tsp salt

- # Wash the spinach, drain. Slice its thin stems and leaves finely.
- # Break the eggs into a separate bowl, blend it well.
- # Add yogurt, vegetable oil, milk and grated cheese, and mix for a while.
- # After adding the flour, baking powder, salt add the sliced spinach finally, mix well.
- # Pour the mixture into the greased cake mould.
- # Place it into the 320 F oven which is preheated. Bake it at least 1 hour, until its inner side gets cooked totally.
- # You should not open the ovens door during the first 30 minutes of baking. # This is the common rule for baking all kind of cakes.
- # Rest the cake for a while, after it gets cooked. Reverse it onto the service plate.
- # Slice it, when it cools down, and serve.

Note: Spinach is not liked by the kids generally. If you can make them eat spinach by this way, they will be able benefit from the feeding value of spinach.