

# Spinach and feta Damper

## Ingredients

4 cups self-raising flour

60g chopped butter

6 to 8 spinach leaves

¼ cup sunflower seeds

100g feta cheese

1 cup milk 1 cup water

Salt and pepper

## Method

1. Preheat oven to 220 oC
2. Lightly grease 2 baking trays or line with baking paper.
3. Wash and drain the spinach then chop finely.
4. Sift flour into large bowl. Add butter and rub in with your fingertips, until mixture resembles breadcrumbs.
5. Stir in spinach, sunflower seeds and cheese. Season with salt and pepper.

6. Make a well in the centre of the dry ingredients.  
Add combined milk and water all at once. Using a bread knife, mix to a soft, sticky dough.
7. Turn out onto a lightly floured surface. Separate mixture into two equal halves. Knead each gently do not over knead as it will make damper tough.
8. Place on prepared tray.
9. Bake for 25-30 minutes, until golden and hollow sounding when tapped on the underside.