

## Spinach bread recipe

Bread contains high levels of simple carbohydrates and is also high in inflammatory-promoting gluten and omega 6 fats not to mention all of the added preservatives. Spinach bread is a delicious, easy to make alternative that is high in protein and low in carbohydrates. Try it with prosciutto or grilled chicken breast for a healthy, protein rich meal.

### Ingredients:

500g frozen spinach  
1 handful of fresh basil leaves  
1 cup pine nuts  
2 cloves garlic  
Butter  
5 eggs  
1 tspn baking powder

### Method:

Defrost the spinach and squeeze as much water out as possible (should be almost dry)  
Fry pine nuts and garlic in a good amount of butter  
Add the pine nuts and garlic along with the basil to a food processor and blend  
Add the spinach to the blender with 5 egg yolks and pulse until all mixed (you don't want to blend too much as you will break up the spinach)  
Add baking powder to the egg whites and whisk the egg whites into stiff peaks  
Add the egg whites to the processor and pulse a few times to it's all mixed but not too much that you get rid of a lot of the air. This will give the bread volume.

Spoon onto baking paper in the size of baps (you'll get 9 -12 baps from this)  
Try to give them a bit of volume, it will make it easier to cut them in half  
Bake for approx 25 -30 mins at 180 degrees celcius

**As an alternative you can use pistachios instead of pine nuts and add mint instead of the basil. This will go excellently with home made lamb burgers!**

