

SPICY RED PEPPER SPINACH BURGERS

INGREDIENTS

1 pkg frozen spinach, thawed
1 egg
2 egg whites
1/3 cup onion, minced
1 tsp red pepper
1 tsp parsley
1 tsp oregano
1 tsp salt
1 tsp garlic salt
1/8 tsp black pepper
1/2 cup almond flour
1/2 cup parmesan cheese
1/8 cup red pepper, minced finely

DIRECTIONS

1. Preheat oven to 350F
2. Ensure your frozen spinach is thawed and drained of excess water
3. If needed, chopped spinach as finely as possible if not already done for you
4. In a large bowl combine eggs, onion, spices, red pepper and cheese and mix well
5. Next add in your spinach and almond flour and mix until everything is combined well
6. On a baking sheet lay out a piece of parchment paper
7. Place four 4" cookie cutter circle molds (metal) on the parchment ensuring the inside edges are well greased
8. Scoop the burger mixture into each mold until all of the mix is used
9. Using the back of a spoon press the mix into the mold so it is slightly compacted
10. Bake for about ~20 minutes (you should see the egg cook a bit and parmesan go golden)
11. Allow burgers to cool for a few minutes until carefully removing the cookie cutter mold and either serving the burger as is or on a grain free bun!
12. Enjoy!