



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Makes: 4 rolls

INGREDIENTS

- 5 large eggs
- 35g baby spinach leaves
- 55g coconut oil
- 50g coconut flour
- 1/2 tsp pink rock salt
- 1/2 tsp baking soda
- 1/2 tsp garlic powder
- 1/8 tsp ground black pepper
- Seeds for tops (optional)

METHOD

- Preheat oven to 200°C.
- Line an oven tray with baking paper.
- Crack the eggs into a blender (I use my thermomix) and add the spinach leaves and coconut oil.
- Blend until smooth, then add all other ingredients (except seeds) and blend until it becomes a dough. (I use the dough setting on the thermomix).
- Leave mixture to sit for several minutes, then divide into 4 rolls on baking paper.
- Form into bread roll shapes with a spatula, sprinkle tops with seeds, and bake in oven for 25 minutes, reducing the temperature to 180°C for the last 5 minutes.
- Remove from the oven and allow to cool.
- Slice through the middle and make your burger.

SPINACH BURGER ROLLS

