

SCD Spinach Brownies

SCD side dish



Ingredients:

10 oz	Spinach package, rinsed and chopped
1 cup	Almond flour
1 tsp	Sea salt
1 ½ tsp	Baking soda
2	Eggs
1 cup	SCD yogurt
½ cup	Butter, melted
1	Onion, chopped
8 oz	Farmers cheese

Directions:

- 1.) Preheat oven to 375 deg F. Lightly grease 9 x 13 baking pan with ghee.
- 2.) In a medium saucepan, place spinach and add enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes. Remove from heat, drain, and set aside.
- 3.) In a large bowl, mix flour, salt, and baking soda. Stir in eggs, yogurt, and butter. Mix in spinach, onion, and farmers cheese.
- 4.) Transfer mixture to baking dish.
- 5.) Bake 30 - 35 minutes or until toothpick inserted in to center comes out clean.
- 6.) Cool before serving.

Notes / Suggestions:

- 1.) Serves x.