

SPINACH BITES

INGREDIENTS

- 1 Ideal Protein BBQ Crisps
- 1 Large Egg
- Pam Spray
- 1/4 tsp. Salt
- 1 pinch of Nutmeg
- 2 cups of chopped Spinach (steamed)
- 1 pinch of Chives
- 1 pinch of Thyme
- 1/2 tsp. Garlic Powder
- 1 pinch of Oregano

PREPARATION

1. Preheat oven to 450 degrees.
2. Crush the Ideal Protein BBQ Crisps into a coarse powder.
3. In a bowl, mix all ingredients except the Pam Spray.
4. Spray a cookie sheet with Pam Spray.
5. Form mix into 2 inch balls and place on the cookie sheet.
6. Bake for 15 minutes or until firm.
7. Serve with Walden Farms Honey Mustard if desired and Enjoy!
8. Phase Approved: Phases 1-3

