

Spinach Almond Patties



Prep:

20 minutes

Total:

50 minutes

Makes:

10 full servings

Utensil:

small mixing bowl

Cookie Sheet (12 ½ x 15 ½)

Blender

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Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Both spinach and almonds are an excellent source of calcium, making these delicious bites a perfect non-dairy treat. They are also full of protein and fiber. They can be eaten on their own along side a tahini dipping sauce or in a sandwich or on a salad. Sub out those hamburgers for these almond patties this summer and feel the nourishment of this plant-based recipes!

1 bunch
fresh spinach with stems removed
1 medium
onion, chopped
1 ¼ cups
wheat-free bread crumbs, divided
(135

g)
1 ½ cups
ground almonds
(143
g)
2 tablespoons
olive oil
(30
mL)
2 tablespoons
tamari
(30
mL)
½ cup
brown rice flour
(80
g)
1 teaspoon
dried dill
(1
g)

Directions:

1. Preheat oven to 350°F/177°C. Place the spinach and onions in blender (or food processor) and blend on high until a coarse paste begins to form. Add the bread crumbs, ¾ cups ground almonds, oil, tamari, rice flour, dill and blend again until all of the ingredients are combined.
2. Fill a small mixing bowl with water for wetting your hands while rolling the balls. Place the remaining ¾ cup ground almonds on a large plate.
3. Begin rolling the spinach mixture into small balls, and then roll each ball in the ground almonds, coating the outside of each ball.
4. Place the finished balls on a lightly oiled cookie sheet.
5. When sheet is full, place in pre-heated oven for 30 minutes.
6. Allow balls to cool on the sheet and place them in a bowl or on a platter.

Nutritional Information per

▼ Serving

Calories: 203
Total Fat: 11g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 328mg
Total 21g
Carbs:
Dietary Fiber: 4g
Sugar: 2g
Protein: 7g