

Cook time: 45 mins - Oven Temp: 180°C (170°C fan forced) – Makes 6 slices – Pie dish

## Spinach and Artichoke Tart

### Ingredients

#### Crust

- 1 ½ cups Almond Flour
- 1 ½ cups grated Parmesan cheese
- ¼ tsp. sea salt
- 1 clove garlic minced
- 1 egg

#### Filling

- 1 packet frozen Spinach thawed & drained
- 1 ½ cups Artichoke hearts, drained,
- ¼ tsp. sea salt
- 1 clove garlic minced
- ¾ cup Parmesan cheese
- 225gm Cream Cheese softened
- 2 eggs



### Instructions

1. Preheat oven to 180°C for tart shell.
2. Combine the flour, cheese, salt and garlic and mix well, add the egg and mix until the dough is well combined and stiff.
3. Press pie crust into pie dish or tart pan, bake the crust for 12-15 minutes or until it starts to lightly brown.
4. Meanwhile, combine spinach, artichokes, salt, garlic, parmesan cheese, cream cheese and eggs, pour mix into prebaked tart shell, sprinkle with extra Parmesan, bake at 170°C for 30 minutes.

### **NUTRITIONAL COMPARISON**

Tart = 504 calories, 36g fat, 28g protein, 12g carbs, 4.4g fibre (68% fat, 22% protein, 9% carbs)

#### Iron Facts

Are you a female? an athlete? or have a food allergy and are low in iron? Spinach is very high in available iron which is very important to supplement with especially if you are female (about 90% of females are iron deficient and this is why they don't have enough energy and are losing hair). If you lack iron you have a hard time carrying oxygen to the mitochondria of you cell, which is where you burn fat. SO, if you are low in iron, fat burning is hard to accomplish. Low iron can be caused by a FOOD SENSITIVITY (your intestines inhibit you from absorbing iron), heavy menstrual cycles, heavy exercising, or not eating meat. Low iron causes high anxiety.

HEALTH TIP: adding lemon to meals with iron helps with absorption; it can increase your body's absorption of the iron by up to 20 times!