



## SPINACH AND MUSHROOM TARTLETS

(Yields 20-24 mini tartlets)

### TART SHELL

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1 tablespoon olive oil  
1 cup almond flour  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1 egg white

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Dredge olive oil on a paper towel and smear across the cups of a mini-muffin pan. Preheat oven to 400°. Mix all tart shell ingredients. Take one 1" ball of tart shell dough and press into mini muffin tin into a tart shell shape. If your fingers get sticky while pressing the dough, you can wet your fingers with water. Cook in oven 8-10 minutes until fully cooked through and golden brown. Remove from oven and let cool.