



SPINACH AND MUSHROOM TARTLETS

(Yields 20-24 mini tartlets)

TART SHELL

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

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.