

Easy Greek Spinach Pie Recipe - Healthy & Gluten-Free

The best Greek spinach pie recipe ever - deliciously cheesy with a flaky crust that's unbelievably low carb & gluten-free. It's a healthy, easy spinach pie you'll make over and over!

Prep Time 15 minutes
Cook Time 35 minutes
Total Time 50 minutes

Servings 16 slices
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WholesomeYum.com

INGREDIENTS

CRUST

- 2 1/2 cup Blanched almond flour
- 1/2 tsp Sea salt
- 1/4 cup Coconut oil (measured solid, then melted)
- 1 large Egg (beaten)

FILLING

- 1 lb Frozen spinach (defrosted and squeezed to remove water)
- 8 oz Feta cheese (crumbled)
- 4 oz Cream cheese (cut into very small cubes)
- 2 oz Mozzarella cheese (shredded)
- 4 cloves Garlic (minced)
- 1 tbsp Fresh dill (chopped)
- 4 large Egg (beaten)

INSTRUCTIONS

1. Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 in (23 cm) round pie pan or 8 in (20 cm) square pan with parchment paper.
2. In a large bowl, mix together the almond flour and sea salt. Stir in the melted coconut oil and egg, until well combined. (It will be dry and a little crumbly. Just keep mixing until it's uniform.)
3. Press the dough into the bottom of the prepared pan. Bake for 10-12 minutes, until lightly golden.
4. Meanwhile, stir together all the filling ingredients, adding the eggs last. Transfer the filling into it and smooth the top.
5. Bake for 30-40 minutes, until the center is firm.

RECIPE NOTES

Serving size is 1/16 of the recipe. To get individual servings, cut a round pie into 16 slices, or if using a square pan, cut into 4 pieces in each direction (2"x2" in size if using an 8"x8" pan).

Serving size: 1 slice, or 1/16 of entire recipe

NUTRITION INFORMATION PER SERVING

Calories: 238 | Fat: 20g | Total Carbs: 6g | Net Carbs: 3g | Fiber: 3g | Sugar: 2g | Protein: 10g

Nutritional information is provided as a courtesy and we strive to keep it as accurate as possible. Carb count excludes sugar alcohols. Net carb count excludes both fiber and sugar alcohols, because these do not affect blood sugar in most people. We try to be accurate with this information, but please feel free to make your own calculations.

NATURAL GLUTEN-FREE LOW CARB RECIPES

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