



Quinoa Spinach Patties



- ♥ 1 cup white dry quinoa
- ♥ 1 bag (16 oz.) frozen spinach
- ♥ 100 grams / 3-4 oz. of feta cheese (I like Israeli feta or any feta that is kept in water. The moisture is important.)
- ♥ 1 egg
- ♥ ½ cup quinoa flour (or oatmeal flour)
- ♥ Salt
- ♥ Coconut oil for frying

1. Add 1 cup dry white quinoa to 1 ½ cups of water. Bring to boil with a dash of salt, then reduce to low-medium heat. Cover. Cook until all the water is fully absorbed.
2. Warm-up ½ tbsp. of coconut oil in a pot and add the bag of frozen spinach. Cook with a dash of salt until all moisture is gone.
3. When fully cooked, combine quinoa and spinach in a bowl, let it cool down a bit before adding the rest of the ingredients, but still keep it warm enough.
4. Crumble the feta cheese in.
5. Add quinoa flour.
6. Add 1 egg.
7. Mix thoroughly.
8. Coat a well-seasoned cast-iron pan or a nonstick pan with a thin layer of coconut oil and warm up the pan.
9. With damp hands, roll a golf-ball-sized ball from the mixture and flatten it lightly.
10. Place in the pan and cook both sides until golden.

- Add coconut oil to the pan as needed while frying

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