

CARBCONTROL RECIPES

MAINS

Spinach Bake – serves 4

1 pack chopped spinach, defrosted
1 Tbsp toasted pine nuts
1 clove crushed garlic
250 g cheddar
¼ cup Parmesan cheese
½ tsp nutmeg
3 eggs, beaten
¼ cup cream cheese
salt and pepper to taste

mix all ingredients well. Grease 22cm flan dish with butter. Pour mixture into dish and spread evenly. Bake at 200 degr C for 30-35 minutes until set. Can be served hot or cold.