Spinach Buns (Serves 4)

Ingredients

115ml water, warm

95ml SnoPro, warm

4g psyllium husks

4g Loprofin Egg Replacer, mixed with 20ml water

260g Loprofin Mix

55g butter, cut into cubes

3g sugar

5g dried yeast (comes with Loprofin Mix)

30g spinach, thawed (if frozen) and chopped

4g fine salt

Method

1. Put the warm water and SnoPro into a bowl.
2. Add the dried yeast to the same bowl and stir.
3. Add the sugar and psyllium husks to the bowl, stir and allow to stand for 10 minutes until the mixture thickens.
4. Press the water out of the spinach and add to the bowl, then add the Loprofin Egg Replacer paste, salt, Loprofin Mix and the butter.
5. Using an electric whisk beat the mixture for 4-5 minutes.
6. The dough is shaped and transferred to baking trays using two large spoons (dip the spoons in water to make the dough more manageable).
7. Flatten the tops of the buns using the back of a wet spoon.
8. Allow the dough to rise in a warm place for approximately 30 minutes or until the dough has doubled in size.
9. Brush the surface of the dough with some water, using a pastry brush.
10. Bake in a preheated oven for 12-15 minutes or until they are golden brown.