

Baked onion bhajis



150g wheat free gram flour
1 tsp sea salt flakes
1 tsp chilli powder
1 tsp coriander powder
1 tsp cumin
1 tsp turmeric
1 tsp garam masala
3 white onions, finely sliced
(approx 600g)
1 medium sized egg
cold water
2 tbsps coconut oil to
grease tin
for the yoghurt mint dip:
250g plain yoghurt (use dairy free
yoghurt if preferred)
2 tpsps mint sauce
½ tsp turmeric
1 tsp lemon juice
1 tsp stevia (or natural sweetener
of your choice)
small handful fresh coriander,
chopped

**MAKES 16 BHAJIS &
4 SERVINGS DIP**

PER BHAJI:
79 Calories
9g Carbs
3g Protein
4g Fat

PER SERVING DIP:
41 Calories
5g Carbs
3g Protein
1g Fat



In a bowl, mix the flour with the spices.

Add the flour mixture to the onions and mix well with your hands, squashing the onions as you go, to get the flavour into the onions.

Crack the egg over the onions and mix well for 1-2 minutes, using your hands.

Add a small amount of water and mix well. You'll need a thick consistency and slightly wet but not runny. Add sufficient water to achieve this consistency. Cover and refrigerate for 3 hours or overnight.

Preheat oven to 180°C/350°F.

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Grease 16 muffin tray compartments with the coconut oil.

Place in the oven until the oil has melted.

Remove from oven, and spoon the bhaji mixture into the compartments.

Bake for around 20-25 minutes, until the bhajis are a golden colour and cooked through.

To make the dip: Mix all of the ingredients together. Taste test the dip, adding more lemon or more mint if necessary, according to taste.

Store in an airtight container and refrigerate for up to 2 days.