



Mini Crustless Quiche

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These little quiches are great for a fast breakfast or a protein packed snack. Double the recipe and freeze them! Simply pop a few into the microwave to reheat when you are in a hurry!

INGREDIENTS: (Makes 12 muffin sized mini quiches. Double to make 24 and freeze!)

- 8 large eggs
- 1 tbsp coconut oil
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ cup unsweetened, unflavored oat milk
- ½ pound bacon or ham
- ½ cup yellow onion, small-diced
- ½ cup sweet bell pepper, small diced
- ½ cup diced mushrooms
- 1 cup baby spinach, finely chopped
- ½ cup shredded cheddar or mozzarella cheese (For dairy free, use Daiya brand shredded cheese)
- Diced jalapenos to taste (optional)

DIRECTIONS:

1. Grease muffin cups with coconut oil.
2. Cut bacon or ham into small pieces. Cook in medium sized fry pan. Add 1 tbsp of olive oil if using ham. Drain grease. Add veggies and cook for an additional 2 minutes. Transfer to paper towel and remove any excess grease. Split mixture evenly between the 12 muffin cups.
2. Whisk eggs with sea salt & pepper. Whisk in oat milk. Pour over veggie mixture allowing about ¼" to top. Top with cheese. Bake in 375° oven for 25-30 minutes or until golden brown.

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Marlyn Quast-Frank

Certified Health & Nutrition Coach

www.thesoulfuljourney.ca

email: marlyn@thesoulfuljourney.ca

