

Crustless Quiche
by: Paleo Comfort Foods

Ingredients:

12 large eggs
1/2 cup almond flour
1 tsp baking powder
1/2 cup butter, melted
1 cup onions, chopped
1 cup spinach, rinsed
1/2 cup red bell pepper, diced small
1/2 cup green bell pepper, diced small
1/4 tsp black pepper

Instructions:

1. Preheat oven to 350 degrees
2. In a large bowl, whisk egg together until slightly foamy.
3. Add the almond flour and baking powder, whisk together.
4. In a large saute' pan melt the butter (or substitutions), then add in the onions, peppers, spinach, cooking until onions are translucent. Mix in any other vegetables of your choosing.
5. Stir the veggie/butter mixture into the eggs. Add pepper, stir.
6. Pour contents into a 9 X 13 inch baking dish. (2 9" pie plates can be used. Adjust cooking time to approx. 25-30 minutes.)
7. Bake for 45 minutes or until cooked through.

Serves: 10-12

NOTE:

Substitutions & Additions:

- vegan butter or melted coconut oil for butter.
- add other chopped veggies to the saute pan.
- add cooked ground sausage, turkey sausage to the veggie/butter mixture.

Store leftovers in individual containers and place in freezer for up to 3 weeks.

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