

Crust-less Quiches

Yeilds 20 -24 mini quiches

Pre heat oven to 350 F

12 eggs

3/4 cup cream

3/4 cup Milk

1/4 cup Parmesan (optional)

Seasonings of choice: salt, pepper, herbs, paprika, cayenne, dry mustard. Nutmeg.....

use 1/4 tsp - 1 tsp pending on the seasoning

- Whisk or blend all together - set aside
- generously spray the individual muffin tin pockets (option to line with cup liners which also need to be well sprayed)
- Add 2 Tbsp of filling into each muffin tin pocket and top off with egg mix
- Add choice of cheese on top and any herbs to your liking
- Bake at 350 F for approx 15 - 25 min till nicely browned on the top and quiche springs back when touched
- Remove from oven and let rest a few min before serving

This amount would require approx. 2 cups of cooked / sauteed filling

Some filling suggestions:

*Bacon, mushroom & Swiss

*Red pepper, spinach & feta

*Smoked salmon, capers, red onion, dill & Chevre (soft goat cheese)

*Ham, red pepper, green onions & Cheddar

*Broccoli, Sun-dried tomatoes, & Cheddar

*Leeks, potatoes, rosemary & Smoked Gouda

A few notes:

- I always add sauteed diced onions and minced garlic to all my fillings
- Add fresh parsley or other fresh herbs to the egg mix and sprinkled on top
- If using spinach or other watery vegetables - after sauteing allow excess liquid to drain off
- Use up left overs like potatoes, or other veggies and meats
- Dice all the ingredients as they're going into fit into a small area
- This is an excellent satiating meal, mostly consisting of protein - prolonging the feeling of fullness & increasing energy, the **no to low** carbs won't spike insulin levels preventing energy crashes
- Can substitute unsweetened almond, cashew or Soy for dairy free and sprinkle on some nutritional yeast for a cheesy flavour
- To freeze - double wrap cooled quiches in tin foil and freeze up to 4 months

