



## Crustless Breakfast Quiche

### Ingredients

- 10 lg. eggs
- ½ c. egg whites
- Handful of fresh spinach
- 1/3 c. Quattro formaggio cheese or shredded cheese of choice
- 1 large tomato sliced
- 2 slices cooked bacon, crumbled
- 1/2 tsp paprika
- 1/8 tsp Cajun Seasoning
- Sea Salt & Fresh Pepper to taste
- Coconut oil to grease baking dishes

### Nutrition Facts

Calories	293
Fat	18.95 g
Carbohydrates	3.2 g
Fiber	0.9 g
Protein	25.3 g

I love this little breakfast quiche! It's a nice Sunday brunch and then just warm them up on a weekday! #sundaymealprep

If you do not have small quiche baking dishes they can also be made in small ramekins or muffin tin, serving size, baking time and calories will vary

For paleo/non-dairy version omit the cheese and add 2 tbs. melted grass-fed butter or ghee to the egg mixture!



## Preparation

- Grease the baking dishes with coconut oil and heat the oven to 350 degrees
- Whisk together the eggs and egg whites and the seasonings except the paprika
- Add a handful of spinach a pinch of cheese and some crumbled bacon to each dish
- Pour in the egg mixture distributing evenly
- Top each quiche with sliced tomato and finally the paprika
- Bake approximately 20 minutes

### Other versions to try...

Broccoli cheddar

Zucchini & tomato

Sweet Potato & Bacon

Mushroom & green onion

Feta, Spinach & tomato



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