



CRUSTLESS MINI QUICHE

12 large eggs

¼ cup milk

¼ tsp. salt

¼ tsp. pepper

1½ cups cheddar, mozzarella, feta, or
other cheese

1 lb. bacon, sausage, or ham, fully
cooked

Add-ins: peppers, mushroom, tomato,
potatoes/hash browns, jalapeños,
spinach, broccoli, squash
Anything you can think of!

DIRECTIONS



1. If using meat cook it fully first. Set it aside to cool, then cut into small pieces.
2. Preheat oven to 375 degrees F., and grease a muffin tin or baking dish with olive or coconut oil.
3. In a large bowl, whisk together the eggs, milk, salt, and pepper. Set aside.
Get all your veggies diced up and ready to go. Sauté in pan. Set aside to cool.
4. Add all the veggies to the bowl with the egg mixture, meat if using, and cheese. Stir to combine.
5. Place mixture into the prepared muffin pan or baking dish. Fill to about $\frac{1}{4}$ inch from the top.
6. Bake for 20-25 minutes, or until the egg is fully set. Remove from the oven and let cool for 5 minutes.

Enjoy while warm, or let cool completely before storing in an airtight container. Lasts for up to 5 days in the fridge. Leftovers can be reheated for several seconds in the microwave or a few minutes in a preheated oven or toaster oven.