

CRUSTLESS QUICHE - Dairy Free, Gluten Free

Coconut milk makes this quiche creamy. You won't miss the cheese. If using a pie crust, do not pre-bake it before filling.

Ingredients

1 8- or 9-inch gluten-free, dairy-free piecrust, unbaked
1 cup coconut milk (not light)
4 large eggs
1 teaspoon gluten-free mustard powder
1 tablespoon olive oil or coconut oil
¼ teaspoon salt
¼ teaspoon pepper
3 cups chopped vegetables (leeks, sweet bell peppers, zucchini, asparagus, mushrooms, broccoli, spinach, kale, etc.)
1 tablespoon chives or green onion tops
¼-½ teaspoon tarragon

Directions

Preheat oven to 350 degrees.

Whisk together coconut milk, eggs and mustard powder. Set aside.

Add oil to a large skillet. Sauté vegetables over medium heat until just softened, about 3 to 5 minutes.

Put sautéed vegetables into unbaked pie crust.

Add egg mixture and sprinkle with chives and tarragon.

Bake quiche in preheated oven for 45 minutes or until done. A knife inserted in center of filling should come out clean.



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