

Quiche - Dairy Free and Gluten Free

Coconut milk makes this quiche creamy. You won't miss the cheese. Top with Hollandaise (below)
Do not pre-bake the pie crust before filling.

Optional: 1 8- or 9-inch gluten-free, dairy-free piecrust, unbaked

6 strips of bacon, fired and crumbled
2 Tbs butter substitute and/or Coconut Oil
4 eggs
1 can Coconut Milk (not light)
2 Tbs Atkins Baking mix or Soy flour
1/8 tsp salt
2 tsp baking powder
2 Tbs crumbled goat cheese*
2 Tbs chopped onion
4 mushrooms, sliced
2 c cubed sharp cheese and/or grated goat cheese**
1/3 pkg thawed chopped frozen spinach (about 1/3 lb) ***

Directions

Preheat oven to 400.

Fry the bacon. Melt the butter. Whisk together Coconut Milk, Eggs & Oil until fluffy.

Stir in flour, baking powder, salt and cheese.

Layer bacon, mushrooms, onion and spinach in a greased 2 qt casserole or non stick baking pan.

Crust is optional.

Add the egg mixture.

Bake at 400 for 15 minutes, reduce the temp to 350 - Top with crumbled crackers and bake for 20 minutes or until a knife inserted in the middle comes out clean.

Optional: Serve with Hollandaise Sauce (below)

* Feta, Gorgonzola or cream cheese

** Swiss, Cheddar, Parmesan, jack or blends, cubed or shredded

*** 3 cups chopped vegetables (leeks, sweet bell peppers, zucchini, asparagus, broccoli, spinach, kale, etc.)

Variation: seafood - crabmeat, shrimp, seafood sticks of salmon
cayenne pepper, dried mustard, parsley or pimento, chives

Hollandaise Sauce

Separate 3 eggs. (Egg whites are not used) Add 1 or 2 Tbs lemon juice to the egg yolks.

Clarify butter - bring 1 stick (1/2 c) of butter substitute to a boil.

Whip butter into Egg yolks.

Microwave for a few seconds for a thicker sauce. Sauce will thicken as it stands.



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