

Crustless Broccoli & Goats Cheddar Quiche

7 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Goats Cheddar

Sub for regular goats cheese, buffalo mozzarella or vegan cheese. Basically anything other than cows dairy if possible.

More Flavor

Add finely chopped onions and red pepper flakes.

No Almond Milk

Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan

This recipe was developed using a standard 9-inch glass pie pan.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Broccoli (finely chopped)
- 5 **ozs** Goats Milk Cheddar Cheese (shredded)
- 6 Egg
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Garlic Powder