



cara price

CRUSTLESS QUICHE MUFFINS

INGREDIENTS

- 8 eggs
- 4 pieces turkey bacon, cooked & chopped
- 1 cup baby spinach leaves, chopped small
- 1/2 cup pico de gallo, drained (store bought or homemade)
- 1/2 cup coconut yogurt, plain/unsweet
- 1 tablespoon olive oil
- 1 tablespoon nutritional yeast
- 1 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

heat oven to 325.

whisk eggs, yogurt, nutritional yeast, salt, pepper & olive oil together in a medium size bowl.

add the spinach & bacon into the egg mixture & stir.

either line muffin pan with paper cups or lightly spray with oil & then use a scant 1/3 cup measuring cup & fill 10 muffin wells.

bake 24-26 minutes, test center with a wooden toothpick.

store in fridge up to 5 days or freeze.