



VEGETABLE QUICHE

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 35 mins

Cook time: 15 mins

Serves: 4-6



INGREDIENTS

- 2 tbsp coconut oil
- 2 lg handfuls baby spinach, roughly sliced
- 4 spring onions, finely sliced
- 1/2 red capsicum, diced
- 1 small zucchini, finely diced
- 1 bunch (6 stalks) asparagus, cut into 2cm pieces
- 6 eggs
- 3/4 cup coconut or almond mild (unsweetened)
- 3 tbsp coconut flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1/8 tsp black pepper

METHOD

- Preset oven to 180°C (350°F).
- Heat coconut oil in large pan and add onions, capsicums, zucchini and asparagus and stir-fry for 5 minutes.
- In a bowl, whisk eggs and then stir in all other ingredients.
- Next stir in the vegetable mixture.
- Pour the mixture into a greased pie plate and level out with a spoon.
- Bake for 30 mins in oven, remove from oven and stand 5 mins before serving.