BetterBody Foods

Grain Free Quiche

Prep: 20 min Cook: 30 min Total: 1 hr Servings: 8

Calories: 340 Fat: 30g Protein: 13g Carbs: 8g Fiber: 0g

Ingredients

- 1/4 cup BBF Organic Coconut Flour
- 1 3/4 cups almond flour
- 2 garlic cloves, minced
- 1/3 cup BBF Naturally Refined Avocado Oil
- 1/4 tsp salt
- 2 Tbsp water
- 1 Tbsp BBF Naturally Refined Avocado Oil
- 1 cup mushrooms, thinly sliced
- 1 shallot, sliced
- 4 oz pork sausage
- 6 large eggs
- 1/3 cup almond milk
- 1/2 tsp salt
- 2 ounces cheese of choice

Directions

1. Preheat the oven to 400 degrees
2. Mix well until all incorporated.
3. Place dough in a 9-inch pie pan, using your hands press the dough in the pan to form the crust. Bake for 15 mins.
4. While crust is baking, Saute the shallot, mushrooms, and sausage for 6 mins. Set aside to cool.
5. In a bowl, combine the almond milk, eggs, and salt. Whisk until well combined. Add the cooled sausage and veggie mixture, and cheese. Pour egg mixture into your baked crust.
6. Place in oven at 375 degrees and cook for 30 mins.
7. Remove and enjoy!
8. Enjoy your Grain Free Quiche!