

For the crust

(see recipe on page 44)

- 7 large eggs
- ½ cup unsweetened coconut milk or milk of choice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup spinach, chopped
- 1 red bell pepper, diced
- 1 tomato, seeds removed and diced
- 4 ounces feta cheese, crumbled

For the crust

(see recipe on page 44)

- 7 large eggs
- ½ cup unsweetened coconut milk or milk of choice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 10-ounce package California style frozen vegetables, thawed (carrots, cauliflower, zucchini, broccoli)
- ¼ cup green onions
- 2 nitrate-free sweet Italian chicken sausages, diced
- ½ cup raw milk cheddar cheese, shredded

spinach & feta quiche

Serves 8

Preheat oven to 375°F.

In a large bowl whisk the eggs and milk to combine. Add salt and black pepper, then add the vegetables and feta cheese. Pour the egg mixture into baked pie crust.

Bake for 45 minutes to 1 hour or until fork comes out clean. Let sit 5 minutes before serving.

tip▶ Adding coconut milk makes the eggs nice and fluffy.

chicken sausage & veggie pie

Serves 8

Preheat oven to 375°F.

In a large bowl whisk the eggs and milk to combine. Add salt and black pepper, then add the vegetables, sausage and cheese. Pour the egg mixture into baked pie shells.

Bake for 45 minutes to 1 hour or until fork comes out clean. Let sit 5 minutes before serving.

