

## **CARBCONTROL RECIPES**

### **BREAKFAST**

#### **Crustless Quiche – serves 4**

50 g Nitrate-free bacon  
1 small onion, finely chopped  
3 eggs  
1/3 cup cream  
1 box frozen spinach or chopped broccoli, thawed and squeezed dry  
250 g grated tasty cheese  
salt and pepper

Heat oven to 180 C. Grease a quiche dish. In a frying pan, cook bacon over medium heat until crisp. Drain on paper towels and chop coarsely. Remove all but 1 Tbsp of bacon fat from pan. Add onion and saute until softened. In a large bowl, mix eggs, cream, broccoli or spinach and cheese. Season with salt and pepper. Stir in bacon and onions. Pour mix into prepared dish and bake for 1 ¼ hours or until a knife inserted in the centre comes out clean. Cool 5 minutes before cutting into wedges.