



Easy Crustless Quiche

Ingredients :

- 8 oz. bacon, chopped
- 1 medium onion, chopped
- 12 eggs
- 1 cup coconut or almond milk
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp parsley
- 4 oz raw cheddar, grated

Servings: 12

Total Time: 45 minutes



Directions :

1. Preheat oven to 350 degrees Fahrenheit.
2. Cook bacon over medium heat until fat is rendered, about 10 minutes. Use a slotted spoon to remove bacon from pan and set aside.
3. Cook onions over medium heat until translucent, about 3 minutes. Use a slotted spoon to remove onions from pan.
4. Use remaining bacon grease to grease a 9 x 13 baking dish.
5. Whisk together eggs, milk, salt, black pepper and parsley together. Stir in bacon, onions and cheese.
6. Pour into the prepared baking dish and bake for 30 minutes.