



Vegetable Quiche



Ingredients

- 3 cups broccoli florets
- 3 cups cauliflower florets
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 6 eggs
- 6 egg whites
- ½ cup Greek yogurt
- ¼ cup spring onions (chopped)
- 1 cup shredded cheddar cheese

Instructions

- Preheat oven to 180°C and grease a 23 cm pie plate with cooking spray, butter, or coconut oil. Set aside. Bring a couple inches of water in small-medium sized pot to a boil. Place a steamer basket in the pot and add the broccoli and cauliflower florets and steam for six minutes or until tender but not mushy.
- Transfer the chopped broccoli and cauliflower to a medium bowl and season with salt, garlic powder and black pepper. Gently toss so the veggies are coated with the spices.
- Combine the eggs, egg whites and Greek yogurt in a separate large bowl and whisk until well combined.
- Add the seasoned vegetables to the prepared pie plate. Sprinkle the spring onions and shredded cheese over top. Pour the egg mixture over the cheese making sure all the veggies and cheese are covered with the egg mixture.
- Cook for 45 minutes or until set and the top is lightly browned. Cool, slice and enjoy!