

Cauliflower Quiche

Makes 7 portions

Ingredients

- 3 Eggs
- 1 Medium Cauliflower
- 75g low fat Cheddar Cheese
- 125g Feta Cheese
- 2 Tbsp Chopped Bacon pieces/Chorizo
- salt and pepper to taste



Directions

Preheat oven to 350/180 degrees

1. Remove Cauliflower florets and discard the stalks.
2. Finely chop cauliflower in blender.
3. In a bowl combine the chopped cauliflower crumbled feta and grated cheddar.
4. Whisk 3 eggs into the mixture along with chopped bacon or chorizo, salt and pepper.
5. Transfer into an oven proof dish and oven bake for 20-30 minutes.
6. Serve hot or cold

Nutrition Facts Per Portion:

150Kcal – 4g Carb – 5g Fat – 8g Protein