

CRUSTLESS QUICHE LORRAINE

This is such a satisfying dish that is also ketogenic. It is one of my most requested recipes and is so silky smooth and creamy. Try mixing it up a bit by substituting broccoli or asparagus for the bacon and using a raw cheddar. Don't be afraid of the fat content, especially when using organic ingredients. A ketogenic diet is very low-carb, high fat, and moderate protein. When used correctly, it is healthy, safe and a highly-beneficial way to reduce inflammation and lose weight. It turns your body into a fat-burning machine! This recipe does not fit into the regular GHS 3-meal plan. *It is better left for maintenance.*



by Cindy Tanzar



Ingredients

8 slices organic, no nitrate turkey bacon, crisply cooked, crumbled (1/2 cup)

1 cup shredded Swiss cheese (or any raw cheese would be great)

1/3 cup finely chopped onion

4 large pastured organic eggs

2 cups organic whipping cream

1/4 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon ground red pepper (cayenne)

Directions

Preheat oven to 325°F. In medium bowl whisk eggs and whipping cream together until smooth. Fold in bacon, cheese, onions and seasonings and mix well. Pour into greased 9 inch deep-dish pie plate. In medium bowl, beat eggs slightly; beat in remaining filling ingredients.

Bake 50-60 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving.