

Breakfast Quiche



- **Preparation time:** 15-20 minutes
- **Cooking time:** 30-35 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	16g	36%	
Protein	12g	12%	
Carbohydrate	7g	7%	
Energy (calories)	400kcal	100%	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Base		
Butter	6g	
Ground almonds	7g	
MCTprocal™	24g	
Water	5g	
Spray oil	1-2 sprays	
Topping		
Sausage, gluten free e.g. Heck	10g	
Bacon	10g	
Onions, chopped	10g	
Mushrooms, chopped	10g	
Tomatoes, chopped	10g	
K-Quik	25g	
Egg, beaten	15g	
Cheddar cheese, grated	6g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.
2. Oven cook or fry sausage and bacon for 5-10 minutes until cooked through and set aside to cool.

Base

3. Add butter, ground almonds and **MCTprocal™** into a bowl, rub together with fingertips until a crumbly texture is achieved.
4. Add water and mix with a spatula to form a dough like mixture.
5. Spray a 3-inch loose bottom mini flan tin with oil and press mixture around tin until evenly distributed.



Filling

6. Chop cooked bacon and sausage and add to base with onions, mushrooms and tomatoes.
7. Mix **K-Quik** into beaten egg and pour over filling.
8. Sprinkle grated cheese on top and cook for 20 minutes until golden brown.
9. Leave to cool and using the loose bottom, remove quiche.



- Use smoked bacon or chorizo for a different flavour

K-Quik and MCTprocal are foods for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.