

Ham and Cheese Quiche



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

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	46%	
LCT	15g	35%	
Protein	13g	13%	
Carbohydrate	6g	6%	
Energy (calories)	391kcal	100%	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Base		
Butter	5g	
Ground almonds	7g	
MCTprocal™	24g	
Water	5g	
Spray oil	1-2 sprays	
Filling		
Ham, chopped	15g	
Spring onion, chopped	15g	
K-Quik	25g	
Egg, beaten	15g	
Cheddar cheese, grated	13g	
Mixed herbs	A pinch	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

Base

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



Filling

6. Add chopped ham and spring onions to base.
7. Mix **K-Quik** into beaten egg and pour over filling.
8. Sprinkle grated cheese and mixed herbs on top, cook for 20 minutes until golden brown.



- Perfect for a picnic, party or packed lunch



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.