



## Recipe Preparation for: Chicken & Bacon Quiche Muffins (DF)

### INGREDIENTS:

- 12 1 each Egg with yolk
- 5 tablespoon (Melt) Dairy free butter spread DF/VG/GF
- 4 ounce(s) Chicken Breast / White Meat
- 1 1 package (6 oz) yields Pork, cured, canadian-style bacon, grilled
- 1 1 cup chopped Broccoli, raw
- 1 cup Red pepper
- 6 1 tablespoon chopped Chives, raw
- 3 cup Almond Breeze, unsweetened vanilla almond milk
- 1.5 1 cup Wheat flour, white, all-purpose, enriched, bleached
- 1 1 dash Salt, table
- 1 tea spoon Ground black pepper

### DIRECTIONS:

Preheat oven to 350F. Cook chicken and bacon first, add small pieces evenly into two muffin trays that are well greased with coconut oil. Whisk eggs in a big bowl, add in soft melt spread, flour, spices, almond milk and whisk until even. Cut up veggies and sprinkle pieces on top of the bacon and chicken pieces. Pour the egg mixture up to the top of the muffins and bake 20 min. Turn oven to 500F BROIL and let the tops brown nicely at the end.

Makes 24 servings.

### Nutrition Information per Serving

Calories: 118.69  
Fat: 6.56g  
Carb: 7.46g  
Protein: 6.94g