



Chicken & Bacon Quiche Muffins (DF)

24 servings

30 minutes

Ingredients

- 12 servings Egg (Individual)
- 1/3 cup Melt (dairy Free Butter)
- 4 ozs Chicken Breast (pre-cooked)
- 6 ozs Bacon, Cooked
- 1 cup Broccoli (chopped small)
- 1 Red Bell Pepper (chopped small)
- 1/3 cup Chives (chopped)
- 3 cups Oat Milk (plain only)
- 1 1/2 cups Unbleached All Purpose Flour
- 1 tsp Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	146
Fat	9g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	8g
Fiber	1g
Sugar	1g
Protein	8g
Sodium	206mg
Vitamin C	10mg
Iron	1mg

Directions

- 1 Preheat oven to 350F. Cook chicken and bacon first if not already done. Add small pieces evenly into two muffin trays that are well-greased with coconut oil. Whisk eggs in a big bowl, add in melted dairy-free butter, flour, spices, oat milk and whisk until even.
- 2 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 for 20 min. Turn oven to 500F BROIL and let the tops brown nicely at the end for a minute or two.

Notes

Gluten Free: Must use a replacement for the flour, using gluten-free flour and also use plain almond milk in replacement for the oat milk.