

## Crustless Quiche

### Ingredients

1 bag fresh baby spinach (may use frozen, thawed and drained)

8 eggs

1 cup of plain Greek yogurt or sour cream

1 T almond flour or all-purpose flour

½ cup of fresh sliced mushrooms (may use small can)

½ cup butter

3 cloves of garlic (minced)

1 small onion, chopped

2 cups shredded cheddar cheese

1 cup of milk or unsweetened almond milk

salt and pepper to taste

### Instructions

Sauté' onion, garlic, fresh spinach and mushrooms in butter. Beat eggs and add sautéed vegetables and remaining ingredients. Pour into a greased casserole dish and bake at 375 degrees until firm in center (approximately 45 minutes).