

High Protein, Low Carb Quiche



- 6 eggs
- 2 tbsp cream cheese
- 4 spring onions, chopped
- 1 red pepper, sliced
- 1 cup, milk
- Pinch celery salt
- Handful parsley, chopped
- 1 cup chopped ham
- 1 cup grated cheddar

This entire recipe will give you 121g protein and 17g net carbs

Pre heat the oven to 170°C and grease a quiche dish with some coconut oil.

Whisk together the eggs, milk and cream cheese. Then stir in the grated cheese, spring onions, ham, salt and parsley. Make sure everything is mixed up well and pour into your quiche dish. Lay the red peppers on top of the mix and place into the centre of the oven for 40mins.

Just press your finger on the top of your quiche to see if it bounces back and if it does, it's cooked through.

Serve hot or cold.