

SPINACH & ARTICHOKE MINI-QUICHE WITH HEALTHY GRAINS CRUST



These Spinach & Artichoke Mini Quiche with Healthy Grains Crust are filled with superfoods like garlic, spinach and Alligga hemp and flax seeds!!

Making these ahead of time will ensure that you have a hearty and healthy breakfast every morning. And they are super portable too!

Ingredients:

Healthy Grain Crust

- 1 ¼ cups oats and bran mix (half & half)
- ¼ cup Alligga Hemp Seeds
- ¼ cup ground Alligga Flaxseeds
- 1 tsp salt
- 2 tbsp Alligga Flaxseed Oil
- ⅓ cup water

Egg Mixture

- 2 tbsp Alligga Flaxseed Oil
- 3 minced garlic
- 1 chopped green onion
- ¼ cup chopped leeks
- 1 cup finely diced onion
- 10 oz canned artichokes
- 5 oz baby spinach
- 5 eggs
- ½ cup milk
- ¼ cup grated parmesan cheese
- ½ cup mozzarella
- salt and pepper to taste

Directions:

Healthy Grain Crust

1. Combine oats and bran mixture in a blender and add Alligga Hemp Seeds, Alligga Flaxseeds and pulse until combined. Add mixture to a bowl.
2. To this mixture, add salt, 2TBS Alligga Flaxseed Oil and water. Mix until thick dough is formed.

3. Spray muffin tin with oil and add 1 scoop of healthy grains crust mixture into each section and flatten. Set aside for later.

Egg Mixture:

1. Add Alligga Flaxseed oil to a frying pan. Add in the garlic, green onion, leeks, onion, artichokes and baby spinach. Cook this mixture for 2-5 minutes and set aside in a bowl.
2. In a separate bowl, add eggs, milk, your favourite spices if desired, salt and pepper to taster, parmesan cheese and shredded mozzarella.
3. Add sautéed vegetables to the egg mixture and fill each muffin tin on top of the healthy grains crust.
4. Bake at 350F for 25 minutes. Makes 12 quiches.