

## Quiche

5 eggs (organic, free range)

\*Goat milk (raw, non-homogenized if possible)

1 1/2 cups vegetables (broccoli,  
cooked green beans, spinach,  
asparagus)

1 cup grated goat cheese (such as  
Gouda)

¼ tsp nutmeg

¼ tsp oregano

½ cup of leftover turkey, chicken

or turkey sausage, chopped into small pieces

Pinch of salt and pepper



Organic pie crust (unsweetened)

Layer half the grated cheese into pie crust. Fill with finely chopped vegetables, (esp. raw broccoli), add meat and spices. Combine eggs and goat milk until you have 2 cups total liquid and pour over vegetables. Top with remaining cheese. Bake at 350 for approx. one hour.

\*Goat milk can be substituted with org milk or hemp seed milk or oat milk.