

Crustless Broccoli Cheddar Quiche

7 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C) and grease a 9-inch pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

Notes:

Time Saver Tip

Before starting this recipe, wash broccoli head and cut into smaller florets. Use food processor to finely chop the florets. Refrigerate finely chopped broccoli in sealed plastic bag or airtight container until ready to use.

Dairy-Free

Omit the cheese or use a dairy-free cheese instead.

More Flavor

Add finely chopped onions and red pepper flakes.

No Almond Milk

Use another unsweetened non-dairy milk, or simply regular dairy milk instead. For an extra creamy quiche combine 1/4 cup half and half cream with 1/4 cup your other milk choice

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Broccoli (finely chopped)
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Garlic Powder

Nutrition

Calories 179
Fat 13g
Carbs 3g
Fiber 1g
Sugar 1g
Protein 12g

Amount Per Serving
Cholesterol 207mg
Sodium 427mg
Vitamin A 759IU
Vitamin C 27mg
Calcium 228mg
Iron 1mg



Hot Chocolate Smoothie

7 ingredients · 5 minutes · 6 servings



Directions

1. In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
2. Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free

Use unsweetened coconut milk beverage, soy, rice, or another nut-free milk instead.

More Flavor

Add ground cinnamon.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Any low-sugar dairy based protein powder may be used instead. Low-sugar <8 g sugar per serving.

Ingredients

- 6 cups** Unsweetened Almond Milk
- 3 cups** Frozen Riced Cauliflower
- 3** Banana
- 1 1/2 cups** Chocolate Protein Powder
- 3/4 cup** Cocoa Powder
- 1/3 cup** Chia Seeds
- 3/4 tsp** Sea Salt (optional, for topping)

Nutrition

	Amount per Serving
Calories 262	Cholesterol 4mg
Fat 8g	Sodium 513mg
Carbs 30g	Vitamin A 546IU
Fiber 12g	Vitamin C 33mg
Sugar 8g	Calcium 656mg
Protein 26g	Iron 4mg



Shopping List: Broccoli Cheddar Crustless Quiche and Hot Chocolate Smoothie

12 items

Fruits

3 medium-large size

Banana

Seeds, Nuts & Spices

1 small bottle Sea Salt

1 small bottle Garlic Powder

1 8-12 oz. bag Chia Seeds

Frozen

1 12 oz. bag Riced

Cauliflower

Vegetables

1 small head Broccoli

Baking

1 8 oz. container

Unsweetened 100%

Cocoa Powder

Condiments & Oils

1 small bottle Extra Virgin

Olive Oil

Cold

1 1/2 gallon Unsweetened

Almond Milk

1/2 dozen Eggs

1 7-8 oz. bag Shredded

Cheddar

Cheese

Other

1 small container Chocolate

Protein



Powder

Benefits of Chia Seeds

Chia seeds

Fun Facts: Consists of tiny black seeds from the plant *Salvia hispanica*, which is related to the mint.

The name is derived from the ancient Mayan word for “strength”.

Chia seeds were an important food for the Aztecs and Mayans for their ability to provide sustainable energy.

Physical Properties: Readily absorbs both water and fat, and can be mixed with water to form a gel.

Chia seeds can be used to thicken sauces, and act as an egg substitute in recipes.

Nutritional Benefits: Achieved “**superfood status**” due to high nutrient density. Also is a whole-grain food, usually grown organically, non-GMO and naturally free of gluten.

Serving Size: 1 ounce (28 g), or approx. 2 tablespoons

- **Calories:** 137 calories
- **Total Carbohydrates:** 12 grams
- **Fiber:** 11 grams
- **Protein:** 4 grams (14% protein by weight)
- **Fat:** 9 grams (5 grams are omega-3s).
- **Calcium:** 18% of the RDI.
- **Manganese:** 30% of the RDI.
- **Magnesium:** 30% of the RDI.
- **Phosphorus:** 27% of the RDI.
- **Other:** good sources of zinc, vitamin B3, potassium, vitamin B1, vitamin B2.

Health Benefits:

- Contains a high anti-oxidant content, which protect cells and reduces risk of diseases, such as heart disease and cancer.
- Provides a high soluble fiber content and absorbs up to 10–12 times their weight in water, forming a gel. Chia seeds can expand in the stomach after eating, which can help feelings of fullness.
- Limits the blood sugar response after eating since most of the carbohydrates non-digestible fiber. Chia seeds can be considered a low-carb friendly food.
- Feeds the friendly bacteria in your intestine due to the fiber content, and helps prevent constipation.

- Helps lower certain disease risk factors, including triglycerides, inflammation, insulin resistance and belly fat. Chia may also raise “good” HDL cholesterol. This is due to the high content of Omega 3 fatty acids, fiber, and antioxidants.
- Provides several nutrients important for bone health. These include calcium, phosphorus, magnesium and protein.

Sources:

https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds#TOC_TITLE_HDR_13





Benefits of Cocoa/Cacao

Cacao vs. Cocoa Powder vs. Chocolate

Fun Fact: Chocolate is made from cacao beans (or seeds) from the *Theobroma cacao* tree

Production: once cacao beans are harvested, they go through several processing steps.

- Fermentation
- Drying
- Roasting
- Crushing
- Grinding

Cacao: commonly refers to the pods, beans and ground-up contents of the beans (less processed, or “raw” form).

Cocoa powder: often refers to the product after the liquor (consists of half fat in the form of cocoa butter) has been pressed to remove most of the fat.

Chocolate: the liquor is often mixed with other ingredients, including vanilla, sugar, more cocoa butter and milk. The darker the chocolate, the higher the cacao content.

Health Benefits Darker Chocolate: Contains anti-oxidants, particularly flavanols, which have heart-protective and anti-cancer properties.

Nutritional Benefits Darker Chocolate: Provides minerals such as selenium, magnesium, chromium and manganese, iron.

1 ounce Serving	Unsweetened Cocoa Powder	Unsweetened Cacao Nibs	Semi-Sweet Chocolate Chips	Dark Chocolate, 70% Cocoa
Calories	64	160	140	160
Fat	3.5 grams	11 grams	8 grams	13 grams
Saturated Fat	2 grams	2.5 grams	5 grams	8 grams
Protein	5 grams	9 grams	1 gram	2 grams
Carbohydrates	16 grams	6 grams	20 grams	14 grams
Added Sugars	0 grams	0 grams	18 grams	9 grams
Fiber	9 grams	3 grams	1 gram	3 grams
Iron	22% RDI	4% RDI	12% RDI	30% RDI

Note: The highest antioxidants are found in less processed cacao (raw cacao powder) to which less heat has been applied. Baking will destroy some antioxidants.

Sources:

<https://www.healthline.com/nutrition/cacao-vs-cocoa#terminology>





Benefits of Cruciferous Vegetables

Cruciferous Vegetables

Fun Fact: Named after the Latin word for crucifix because the blossoms of these plants resemble a cross.

List:

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Radish
- Turnips

Nutritional Benefits: low-calorie, and rich in folate, vitamins C, E, and K, and fiber.

Health Benefits: good sources of *phytonutrients*, plant-based compounds which help lower inflammation and reduce the risk of developing cancer.

- Glucosinolates >>broken down>> Indoles and Isothiocyanates
>>protect cells from DNA damage

>>inactivate carcinogens

>>have antibacterial and anti-viral effects.

Note on Broccoli: The florets (broccoli “tops”), have a higher concentration of protective phytochemicals, such as [beta carotene](#), other carotenoids, and sulforaphane. The stalks, on the other hand, have more fiber.

Total Recommended Vegetable Servings Per Day (USDA):

Adult women: 2.5 cups of vegetables

Adult men: 3 cups

1 cup = 1 cup of cooked or raw broccoli, Brussels sprouts, or cauliflower

1 cup = 2 cups of leafy vegetables, like kale or arugula

Sources:

<https://www.healthline.com/health/food-nutrition/cruciferous-vegetables>

<https://www.berkeleywellness.com/healthy-eating/nutrition/article/broccoli-stalks-vs-florets>

