



## Breakfast Recipes-Phase 1

### **Crustless Quiches -**

1. Prepare favorite vegetables - saute' in butter or coconut oil. About 1 - 1 1/2 cups for a 9" pie pan and a little more if no cheese used.  
Examples - Tomatoes/onions/basil, broccoli/carrots, leeks/peas
2. Spread vegetables in the bottom of deep dish pie pan
3. Spread shredded cheese over vegetables
4. Make a mixture of 4 eggs and 1 1/2 cups cream or milk (cream better, and NOT Ultra Pasteurized) Seasonings such as salt, pepper, herbs, and some dried mustard powder can be used.
5. Pour the custard over the vegetables and put into the center rack of oven heated to 350 degrees for 35 - 50 minutes. Check at 35 minutes. Outside may be done and the center still soft but it will continue to cook for a few minutes out of the oven.

### **Homemade Mayonnaise (needs immersion blender)**

2 ROOM TEMPERATURE GOOD QUALITY fresh eggs (pastured organic is best)

1/2 tsp. mustard powder

1 TB lemon juice

1/2 tsp sea salt

1/4 tsp black pepper

1 cup extra virgin olive oil

Put all ingredients into wide mouth quart jar and blend with immersion blender until thickened

Keeps for 7 - 10 days

### **Homemade Ranch Dressing**

1 c. homemade mayo

1 c. sour cream

4 tsp. dried parsley

1 tsp. onion powder

1 tsp. garlic powder

1/2 tsp. black pepper

1/2 tsp. sea salt

2 tsp. apple cider vinegar

1/4 tsp. paprika

Blend together with whisk or fork

### **Make-in-less-than-5 Balsamic Vinaigrette**

3/4 cup Extra virgin olive oil

1/4 cup Balsamic vinegar

2 tsp. high quality mustard

1/2 tsp sea salt

Optional 1 clove garlic, finely minced or put through a garlic press

Put ingredients into a jar and shake!