



## Sweet Potato Breakfast Quiche

### Ingredients

### Amount

Organic Eggs	2 large
Organic Liquid Egg whites	1/3 a small Container
Cinnamon	1 TBS
Madagascar Vanilla Powder	1 tsp
Nutmeg	1 tsp
Allspice	1 tsp
Spoonable stevia (Stevita)	1 tsp
Grape seed Oil	1 TBS

### Preparation:

- Preheat the oven at 375 F
- Wash sweet potatoes and dry well.
- Use a food processor to grate (shred) sweet potatoes.
- Add eggs, egg whites, all spices and ½ TBS oil to the mix, use a fork or an egg mixer to mix well and fluff eggs.
- A square glass oven safe (Pyrex) dish is best to use. Coat the dish well with the remainder of oil. Use a rubber brush to cover the entire surface to avoid sticking.
- Pour the mixture into the dish, cover with foil and bake at 375F for 45 minutes (check periodically).
- Once the bottom of the quiche is golden brown and the eggs are cooked, uncover and broil at 500F for an additional 5 minutes until the top is golden and crisp.
- Remove from heat and allow to cool at room temperature before cutting into 8 pieces.

**NOTE:** Potatoes may be cooked before to make the quiche a softer mashed consistency.

## Nutrition Facts

Servings 8.0

---

Amount Per Serving

---

calories 60

---

**% Daily Value \***

---

**Total Fat** 3 g      **5 %**

---

Saturated Fat 1 g    **4 %**

---

Monounsaturated  
Fat 2 g

---

Polyunsaturated Fat 1 g

---

Trans Fat 0 g

---

**Cholesterol** 47 mg    **16 %**

---

**Sodium** 58 mg      **2 %**

---

**Potassium** 55 mg    **2 %**

---

**Total**

---

**Carbohydrate** 3 g    **1 %**

---

Dietary Fiber 1 g    **3 %**

---

Sugars 0 g

---

**Protein** 4 g          **9 %**

---

Vitamin A            **14 %**

---

Vitamin C            **2 %**

---

Calcium              **2 %**

---

Iron                   **2 %**

---