Bacon & Mushroom Mini Quiche

**Servings: 2 Prep Time: 1 hour 30 mins Cook Time: 17-20 minutes**

4 strips (48g) Bacon, cooked and cut into pieces

4 Eggs

5 oz (71g) Mushrooms

1 cup Non-Dairy Milk

2/5 cup (64g) Yellow Onion

3 oz (86g) Shredded Cheese

Salt

Pepper

180g of my Flaky Keto Pie Crust

Special Equipment:

2 Mini Cast Iron Skillets or Small Tart Pans

Food Scale

Prepare 1/2 of my Flaky Keto Pie Crust recipe and refrigerate for 4 hours. Divide the dough into 2 equal pieces, use a food scale for accuracy. Roll out each ball large enough to fit into the mini cast iron skillet or a small tart pan. Press the dough in oiled skillet or pan, tearing off any overhang, and adding it to your crust. Poke holes in the bottom with a fork and set aside.

In a skillet, fry the bacon until golden. Remove from pan and place on a plate lined with paper towels. In the same skillet, sauté onions and mushrooms, using the leftover bacon grease, until tender, about 5-7 minutes. Season with salt and pepper, then add the onion and mushroom mixture to the crust. Cut the bacon into 4-5 pieces per strip and add it evenly to each crust.

Now sprinkle in 1.5 ounces of shredded cheese to each quiche. Measure 1 cup of non-dairy milk in a large measuring cup. If the cup is large enough, add in the 4 eggs and whisk together or whisk it in a bowl. Season the egg mixture with salt and pepper or with whatever you like.

Pour the mixture evenly between both quiches then bake in the oven, preheated at 375F, for 17-20 minutes.

**Side Note:** You can add extra cheese on top but make sure to account for it in your macros.

**Nutritional Facts for 1 Mini Quiche:** 755.8 Calories, 8.6g Net Carbs, 59.8g Fat, 45.7g Protein.