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**Mini Breakfast Quiches**

Makes 12-14 mini quiches

8 eggs

½ cup heavy whipping cream (organic)

½ cup milk (organic)

1 tsp Himalayan pink salt

ground pepper

1 tsp herbs of choice (I used Italian seasoning)

1 ½ cups shredded gruyere

2 organic zucchinis, grated

4 oz chopped pancetta

2 TBSP chopped shallots

1 TBSP coconut oil + a tad bit extra for the muffin tins

12 cup muffin tin

Heat oven to 375 F. Using a paper towel, lightly brush the muffin cups with a bit of coconut oil and then put enough Gruyere in each cup to cover the bottom (this will form a crust when it cooks so make sure it’s covered well).

Heat 1 TBSP coconut oil in a pan, add shallots and cook about 2 mins. Add grated zucchini and stir until just softened (about 3 mins). Put cooked zucchini in a bowl and set aside. Next add the pancetta to the pan to cook until gently crisped. Drain on a paper towel.

Put 1-2 TBSP of zucchini mixture on top of the cheese in each cup. Next, distribute evenly the pancetta among the cups.

In a separate bowl, whisk eggs, cream, milk, herbs, salt & pepper. Distribute mixture evenly pouring into each cup (about ½ cup of egg mixture per cup).

Bake until the quiches puff up and turn golden, about 18-20 minutes. When done, let cool for 10 minutes, then run a small spatula around the rim of each quiche and lift out.

Eat right away or the mini quiches can be refrigerated and reheated when ready to eat.