

# Crustless Spinach Quiche

## Ingredients

- 1 pkg (10 oz) frozen spinach, thawed, drained and rough chopped
- 1 cup Swiss cheese, shredded
- ½ cup chopped onion
- 1½ cups of milk
- 3 eggs
- ¾ cup baking mix (our recipe [here](#))
- 1 tsp sea salt
- ¼ tsp pepper
- ¼ tsp garlic powder (optional)

Heat oven to 400°F. You will need a greased pie or quiche plate (about 10-inches).

## Instructions

1. Evenly spread spinach, cheese and onion in pie plate.
2. In a blender, add the remaining ingredients and process on high until smooth, about 15 seconds.
3. Pour into prepared pie plate; bake about 30 minutes or until knife comes out clean. Cool before serving; can be served warm or cold.