

Quiche in a Sweet Potato Crust

- 2 medium sweet potatoes, peeled and thinly sliced
 - olive oil spray
 - 1 tsp olive oil
 - 1/2 onion, sliced
 - 1 small bag of baby spinach
 - 1/2 cup milk (any)
 - 1/2 tsp good salt
 - 1/4 tsp cayenne pepper
 - 5 large eggs
 - 1/4 tsp black pepper
 - 400g feta cheese
1. Coat your dish with cooking spray.
 2. Layer dish with sweet potato slices and spray again with cooking spray.
 3. Bake in an oven at 180 C for 20 mins.
 4. In a frying pan with olive or coconut oil, saute the onion until lightly browned and add the bag of spinach until wilted.
 5. In a separate bowl add the milk, salt, cayenne pepper, eggs and black pepper. Give them a light whisk.
 6. Remove the sweet potato from oven and using as a base, add the onion and spinach, then pour the egg mixture over the top.
 7. Crumble feta over the top and bake for 35 mins at 200 degrees.