

LANA'S EGG WHITES



LANA'S EGG WHITES QUICHE

LANA'S EGG WHITE QUICHE INGREDIENTS: (16 oz) Lana's egg whites. (1 cup) mushrooms. (1 cup) chopped spinach. (1 cup) halved cherry tomatoes. Seasonings of choice (garlic powder, salt, pepper, paprika). **DIRECTIONS:** Preheat oven to 400°. Spray a skillet, round cake pan. Add in Lana's egg whites, veggies and seasonings, then stir. Bake for 30-35 mins. Let cool, then cut. **FOR MORE RECIPES, CALL LANA.**

GET LANA'S EGG WHITES TODAY!

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