

## **Savory Flan**

The goal is to have 8-10 eggs a day along with 1 Tbsp of fat per egg (butter is best, cheese is okay). Now, breakfast is easy: three eggs fried in butter, or over easy, or whatever. But even if it's only for five days, you'll want some variety!

So try this – easy to make and bake, and you can have whatever portion size works for you.

### **Ingredients:**

Seven eggs

Five tablespoons of unsalted butter

4 oz of cream cheese or cottage cheese

2 oz of other cheese, grated – I use sharp cheddar, but you can also use Stilton, fresh parmesan or another strong cheese, or a mixture of cheeses

Salt and pepper to taste

Garnish: a further ounce of Stilton and/or sharp cheddar to sprinkle on top

Tools: one square 8" x 8" pan with fairly high sides

Immersion blender, or NutriBullet, or blender

### **Method:**

Preheat oven to 350°F or 175°C.

Place all ingredients in a larger mixing bowl than you expect (to prevent the ingredients from splashing out when you use an immersion blender). Add salt and pepper to taste. Liquify the mixture -- I like my Ninja NutriBullet for this part, using the larger cup.

Butter an 8" x 8" square baking dish. Ladle the entire batch into the baking dish, and sprinkle lavishly with grated cheese. Pop in the oven for 25 minutes, or in the Ninja countertop oven for 20 minutes. You can put under the grill for a few minutes to brown the top if you like.

Pull out of the oven and place on a cooling rack.

Eat warm or cold. Store covered in the fridge. You can warm up a single serving in the microwave for 30-40 seconds to take off the chill, and you can add a little more grated cheese and run it under the grill for a few minutes to make the top a bit crunchy.