



Mini quiches



Makes 12

Ingredients

- 12 slices wholemeal bread
- 2 spring onions
- 4 eggs
- 65ml reduced-fat evaporated milk
- ¼ cup reduced-fat grated cheese



Method

1. Preheat oven to 180°C and line a mini muffin tray with patty cases.
2. Remove crusts from bread and flatten slices with a rolling pin. Press bread into bottom of patty cases.
3. Finely chop spring onions.
4. Whisk eggs and milk in a jug. Pour egg mixture evenly amongst the bread cases.
5. Sprinkle spring onions evenly over quiches and top with a sprinkle of cheese.
6. Bake for approximately 15 minutes.

Optional

Add halved cherry tomatoes, grated carrot or zucchini to boost the veggie content.