

Mini Crustless Quiche

I loved my mini crustless quiches!

What you'll need

Two non-stick muffin tins, 18 eggs, 1 cup of egg whites, finely chopped veggies (bell peppers, green onion, kale or cooked spinach or broccoli, cheese, ham or back bacon (optional)).

instructions

Put a tablespoon of veggies in each muffin cup along with some ham if you like. Pour in egg mixture (beat eggs, a little milk, salt and pepper) but leave a bit of room at the top for a sprinkle of cheese. Sprinkle cheese on top parmesan, mozzarella or cheddar work well. Bake in the oven at 350 for about 45 minutes or until tops are golden brown. Let cool and put into pairs in freezer bags and freeze. Zap in microwave for a minute for a nice and quick breakfast!

