

Easy Vegetable Quiches

A great delicious and easy family recipe that can be used for after school snacks or in a lunchbox – serve hot or cold

12 slices wholemeal bread, crusts removed
vegemite
1 cup grated edam cheese
4 eggs lightly beaten
2 Tbspns finely chopped chives or spring onions
1 x 440g can creamed corn
½ green pepper, finely diced

Spray muffin pans with oil spray. Spread one side of the bread with vegemite. Place each bread slice into oiled muffin pans with vegemite side facing up. Combine remaining ingredients and spoon into bread cases. Bake in preheated oven 190C for 20 minutes.

Health Habits: