

EASY EGG QUICHES



INGREDIENTS

6 egg whites
2 egg yolks
1/2 cup Broccoli
100gm Shaved ham
1 clove or 1 tsp garlic
pepper to taste
¼ C trim milk
breadcrumbs to sprinkle
28gm edam cheese grated
cooking oil spray

METHOD

Spray muffin tin with oil and sprinkle with breadcrumbs.
Chop broccoli and ham and place into muffin tin.
Pour egg mixture over the top and sprinkle with Edam cheese and dust with more breadcrumbs.
Bake in the oven 180 degrees for 15 – 20 mins
or until golden and cooked in centre.
These are also great cold packed in lunches or a picnic with the kids!

Nutritional Information Makes 12 Serving size 6

Calories	263
Protein	31.4g
Carbohydrate	8.1g
Fat	10.5g



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