

Mini Crustless Quiche

Ingredients:

Cooking spray
6 eggs
1/2 cup Whole Milk
Seasoning of your choice
Mix-ins (vegetables, meats, and cheeses)

Directions:

1. Preheat oven to 350°F
 2. Spray muffin pan with cooking spray
 3. Add eggs, milk, and desired seasoning into bowl and whisk (I chose the Italian Herbs grinder I had in my pantry. I add LOTS to give extra flavor.)
 4. Pour egg mix into muffin pan, about 3/4 full
 5. Add desired mix-ins
- *This allows for everyone to personalize their own mini quiche**
6. With a spoon, stir each cup to get the mix-ins incorporated
 7. Put in the oven, setting the timer for 10 minutes
 8. After 10 minutes rotate the muffin pan 180° and set the timer for another 10 minutes
 9. After a total of 20 minutes, remove the muffin pan from the oven
 10. Immediately remove quiches from muffin pan using a spoon to help scoop them out
 11. Let cool and enjoy!