

Quick Mini Quiches

(Or breakfast cups)

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Ingredients:

4 slices of bread (any kind, the softer the better)

3 eggs

¼ cup milk (or half & half, cream, almond, coconut, soy)

¼ tsp salt

Pinch of ground black pepper

½ cup cheese (cheddar, jack, mozzarella, feta, or parmesan)

Butter (or margarine, coconut oil, vegetable shortening, or bacon fat)

Suggested fillings:

Bacon (2-3 slices: cooked, cut into small pieces)

Baby Spinach (6-8 leaves, cut into small pieces)

Zucchini, onion, yellow squash, bell pepper (3-4 tablespoons, cut into small dices)

Instructions:

1. Preheat oven to 400F degrees
2. While your oven heats up, lay bread slices on a cutting board
3. Using a 2-3-inch bowl, ramekin, or glass as a guide, cut off edges
4. Brush one side of each round slice of bread with butter
5. Press each, butter side down, into a muffin pan (you should have 4)
 - a. Optional:
 - to make use of the bread ends, break them up into smaller pieces
 - using non-stick spray, treat 2-3 other empty muffin cups
 - distribute bread ends evenly between the cups
 - b. It is also possible, to cut up all of the slices of bread into small pieces and fill all the cups, omitting steps 2 through 5a
6. Fill cups with fillings
7. Scramble eggs, milk, salt and pepper in a glass measuring cup or bowl with a fork or whisk
8. Pour the egg mixture into each cup, filling about ¾ of the way
9. Sprinkle cheese on top of each filled cup
10. Bake in 400F oven for 10-12 minutes or until golden brown.
 - a. Hint: they will be done when a toothpick is inserted and comes out clean
11. Serve them warm with fruit or hash browns or home fries or both!