



## Crustless Mini Quiches

*“These single-serve quiches freeze well and are an excellent breakfast or quick snack. They are great for entertaining too. If you are dairy free, use the savoury yeast flakes option instead of Parmesan cheese.”*

nut-free     soy-free     gluten-free\*     dairy-free\*     FODMAP friendly\*

**Preparation time:** 15 minutes | **Cooking time:** 25 minutes | **Makes:** 12

### Ingredients

- 50g Parmesan cheese grated or Savoury yeast flakes
- 120g rindless bacon, cut into 2 cm pieces
- 1 tablespoon cold pressed Olive oil (optional)
- 100g carrot (1 medium), cut into quarters
- 100g zucchini (1 medium), cut into quarters
- 60g Quinoa flakes
- 50g Gluten free plain flour
- 4 free range eggs
- 170ml Rice milk
- ½ tsp dried mixed herbs (no garlic/onion/celery salt)
- 50g frozen green peas (omit if you're extremely sensitive to Fructans)
- 50g frozen corn kernels (swap for diced red or yellow capsicum if you're FODMAPs sensitive)
- 1 tsp gluten free baking powder



### Preparation

1. Preheat oven to 180°C. Line a 12 hole muffin tray with silicone moulds or baking paper muffin cases. No greasing with oil/butter required if you use either of these.
2. Heat up your grill. On a sheet of baking paper, grill the bacon pieces until lightly golden. You may need to brush them lightly with olive oil. If you don't have a grill, just sauté the bacon in the olive oil in a fry pan. Remove from heat and set aside.
3. Place all ingredients except for the bacon, peas, corn/capsicum and baking powder into a food processor and chop on low to medium speed for 10 seconds, or until finely chopped and well combined.
4. Add bacon, peas, corn/capsicum and baking powder and stir with a large spoon until well combined.
5. Spoon mixture into your muffin tray cases/silicone moulds until they are ¾ full. Bake for 25 minutes (180°C), until set (check with a thin skewer or long toothpick) and lightly browned.