

Savoury Muffin Quiches Serves 8

Ingredients

Filling:

- 2 Eggs
- ½ cup Creamed corn (can)
- ½ Capsicum (finely diced)
- ½ cup Edam cheese (Grated)
- 2 T Parsley, chives or spring onions (chopped)
- Salt and pepper to taste

Base:

- 8 Slices wholemeal bread (crust removed)
- Marmite or vegemite (to spread)



Method

Preheat oven at 190°C.

Mix all the filling ingredients together in a bowl and set aside.

Flatten the bread using a rolling pin. Spread Marmite or Vegemite on one side of the bread.

Lightly grease muffin tins with a pastry brush and oil or spray.

Place the bread into the oiled muffin pan with the spread side facing up. Spoon the filling into the base.

Bake in oven for 15 - 25 minutes.

Tip: Add left over creamed corn to soup, frittata, quiche, savoury muffin or serve with an omelette.

Crusts can be placed in the oven and baked to make breadcrumbs while the quiches are cooking