

17-minute mini quiches



Ingredients:

150g plain flour or 155g spelt flour

3 eggs

1/2 cup thickened cream

1/2 cup milk

1 cup chopped ham

80grams grated pizza cheese

2 tablespoons chopped fresh chives, plus extra, to serve

Fresh basil leaves, to serve

Method:

- 1) Preheat your oven to 200C /180C fan forced. Lightly spray two, 12-hole patty pans with oil.
 - 2) Use a balloon whisk to whisk the flour, eggs, cream and milk in a bowl. Season. Stir in the ham, cheese and chives. Divide the mixture among the prepared pans.
 - 3) Bake for 12 minutes or until golden brown. Serve sprinkled with basil and extra chives.
- Wrap and freeze the mini quiches for up to three months. To reheat, microwave until warmed through.