



CREATE HEALTH

Health and Nutrition  
Coaching

# Mini Crustless Quiche

A healthy take on a summer picnic favourite



prep: 35 mins



6 portions



£0.85p per portion

## Ingredients

- 6 eggs beaten
- 12 slices ham
- 12 cherry tomatoes - chopped into quarters
- 1/2 onion diced
- 1tbsp chopped fresh basil (or dried)
- black pepper and pinch of salt
- 60g parmesan/ grana padano cheese

## Instructions

- Preheat oven to 180C
- Spray cooking oil into each cup of a 12-hole muffin tin
- Line each muffin cup with a slice of ham
- Divide cherry tomatoes, onion and basil among the cups
- Top with the cheese
- Fill each muffin cup with the egg
- Add a sprinkle of ground black pepper
- Bake for 20-25 mins until a knife comes out clean
- Cool in muffin tray for 5 mins then enjoy



## Health Benefits

Eggs are a superfood:

- **High-Quality Protein:** Eggs provide all nine essential amino acids, making them a complete source of protein.
- **Rich in Nutrients:** They contain vitamins A, D, E, B12, and minerals like iron, selenium, and choline.
- **Supports Brain Health:** Choline in eggs is vital for brain development and function.
- **Promotes Eye Health:** Nutrients in egg yolks help protect against age-related eye conditions.
- **Supports Weight Management:** Eggs can increase satiety and help control appetite, aiding in weight control.



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## Variations

- Add any other colourful veggies/ salad you may have e.g., other coloured peppers, sweetcorn, handful of spinach, mushrooms
- Add herbs such as parsley, mint or chives
- Use cheddar cheese if prefer

## Good to Know

- Delicious eaten straight from oven but...
- Can be stored in fridge or freezer and eaten hot or cold
- If heating place on a piece of kitchen roll in microwave to soak up some of the juice.