

Broccoli & Quinoa Mini-Quiches

MAKES 9 MINI-QUICHES

Can be made ahead and individually frozen. Microwave to reheat for a fast, easy breakfast!



Ingredients

- 1¼ cups steamed broccoli, chopped
- ½ orange bell pepper, diced
- ½ cup cooked quinoa
- 6 Omega-3 eggs
- ¼ cup milk of choice
- ¼ tsp paprika, smoked or sweet
- ¼ tsp black pepper
- ¼ tsp sea salt

- ½ cup Parmesan, Romano, or cheddar cheese

Method

1. Preheat oven to 350°F. Place all ingredients except the cheese into a bowl and whisk to combine.
2. Spoon into lightly oiled, unlined muffin cups. Sprinkle the tops of each quiche with cheese.
3. Bake for 15-20 minutes, until the center is risen and the eggs are set. A paring knife should come out clean. Serve while hot.

WHAT'S IN IT FOR THE EYES?

Zeaxanthin + Lutein

299 mcg

Omega-3s

179 mg

Vitamin C

36% DV