

## Quick & Easy Mini Quiches for Hungry Kiddies

I'm always trying to come up with new tasty meals & treats for Hudson... food I can make in bulk and freeze for future use. Hudson recently turned one so we can start being a lot more experimental with flavours and combinations, the professionals advise that he can start eating what we eat, but I like to know that I've got a stash of nutritious meals in the freezer that can be heated and eaten within 10 minutes or less. With life being so busy and the hours of the day vanishing in what feels like minutes, it brings me peace of mind knowing that I have a variety of healthy meals at my finger tips for my hungry little man. This little bit of preparation makes life so much easier... if Dad's in charge for the day, I simply take the food out the freezer & pop in fridge & brief Dad on what's on the menu & how to prepare it. Also super handy when we are out for the day or away for the weekend ... I transport the frozen food, with ice bricks in a cooler bag & then refrigerate when we reach our destination & then there is no stress about sourcing food for Hudson or trying to find something reasonably healthy on a kiddies menu at a restaurant.

One of the latest additions to my 'Food for Hudson' repertoire are these super easy peasy and delicious 'mini cheat quiches' ...

Yield: 24

Ingredients:

6 slices brown bread, crusts removed

Filling of your choice (examples: Salmon, Ricotta & Dill, Bacon, Tomato & Basil, Tin Tuna, Chopped Onion & Paprika ... basically whatever you have in the cupboard and fridge)

1 Cup Grated Cheddar Cheese

6 Eggs, whisked

Butter or Spray & Cook for greasing muffin tray

**Method:**

Preheat oven to 180°C and grease a mini muffin tray

Using a rolling pin, carefully roll out the bread until it is nice and flat. Cut out circles, I used a 4cm diameter cutter and got 4 disks per slice of bread.

Line the prepared muffin tin with bread disks and push down to help mould in place. Place your desired filling on top, sprinkle with cheese and then carefully pour over the egg mixture.

Bake in oven for 10 - 15 minutes (dependent on the size of your quiches) or until golden brown. Remove from tray and place on a cooling rack to cool down slightly, before serving. If freezing, allow to cool completely on the cooling rack before wrapping well in clingfilm. I wrap 2 quiches together per serving. Once all wrapped, I label and date a freezer bag and place them all inside the bag & then pop in the freezer. Ready and waiting to be heated up in just a minute!

Serving suggestion: Now that its summer, I serve with some baby tomatoes, cucumber slices & avocado or whatever else is going in the fridge along those lines. In winter, you could warm up some frozen mash & veggies (I keep a good supply of these homemade favourites on hand too), or serve on its own for a little snack in between meals.

Cooks Note: You can use normal sized muffin trays for larger quiches. If you don't have cutting moulds, you can improvise by using the underside of a small side plate, a glass, an empty food tin that resembles the desired size you want to achieve.