

# Mini Breakfast Quiches

Ingredients:

- 6 slices of whole grain bread
- 3 large eggs
- 3/4 cup half and half
- 1/4 cup shredded cheese (any of your favorites)
- seasoning to taste
- Filling ideas: mushrooms, turkey kielbasa, broccoli, tomatoes, spinach, fresh herbs, onions, garlic, hibachi leftovers... :)
- chopped fresh chives

Preheat oven to 350 degrees. Spray a muffin pan with cooking spray. Using a 4-inch circular biscuit or cookie cutter, cut out the center of each slice of bread. Press each bread circle into a cup of the muffin pan. Bake for 7 minutes and remove from oven.

In a large bowl, combine eggs, half and half, and any ingredients you'd like to use for your easy breakfast quiche. Top each with a little shredded cheese and bake for 25 minutes, or until eggs are set. ENJOY!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

**"Breakfast isn't the most important meal of the day... coffee is." - Me**