

Self-Crusting Quiche

3 Eggs

$\frac{3}{4}$ tsp Salt

1 $\frac{1}{2}$ Cups of Milk

$\frac{1}{2}$ Cup Alison Holst Baking Mix

Whisk until mixed in Kitchen Whizz

Gently fry in 1 tsp Butter

1 Large onion (Finely Chopped)

2 Gloves Garlic – mix with

2 Cooked diced Potatoes

1 Cup Cooked Vegetables

1 Cup Grated Cheese

Mix all together in a large bowl pour into buttered quiche plate.

Bake at 200 Degrees Celsius for 30 Minutes.

Leave to stand for at least 10 minutes before cutting.