

Easy Mini Crustless Quiches

- 1 carton egg substitute with yolk
- 1 t. salt free seasoning like Mrs. Dash
- 1/4 t. pepper
- 1 t. minced garlic
- 1/2 c. milk
- 1/2 c. chopped ham, cooked veggies, or other left over ingredients
- 1/4 c. Monterey Jack cheese

Preheat oven to 375 degrees.

Stir ingredients in a bowl, pour into mini muffin or regular muffin pan, filling about 2/3 full.

Bake for 15 minutes, or until a toothpick inserted into the center comes out clean. Cool on a rack, and store in the fridge for up to a week, or in the freezer for up to 3 months.

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