

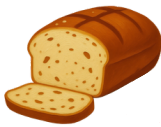
Spinach and cheese bread cases

Serves 12



Ingredients

12 slices
wholemeal bread,
crusts removed
(optional)



1 cup spinach,
sliced



2 tbsp chopped
fresh parsley



1 spring onion,
sliced (optional)



¼ cup Edam
cheese, grated



4 eggs



1 cup milk



1



Preheat the oven to 180°C fan bake or 200°C conventional. Spray a 12 pan muffin tray.

2



Press the bread slices into the muffin pans.

3



Divide the spinach between the bread cases. Scatter over the cheese and parsley (and spring onion if using).

4



Beat eggs and milk together. Using a jug divide the egg mixture between the bread cases.

5



Bake for 10-15 minutes, until egg is set and bread cases are golden.

6



Serve warm or cold.