



Zucchini Quiche - Weds 12 Aug

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Key Ingredients

- 3 medium zucchini's, grated.
- 1 medium onion
- 1 cup grated tasty cheese
- 6 eggs, lightly beaten
- 3 rashers bacon, chopped
- 1 cup sieved self-raising flour
- ¼ cup oil
- Salt & pepper
- 1 can corn kernels (optional).

Method

1. Mix all dry ingredients
2. Add oil and eggs.
3. Pour into a greased pie tin
4. Cook on medium heat for approximately 45 minutes.

These can also be made in muffin pans and used as a breakfast muffin or a snack.