

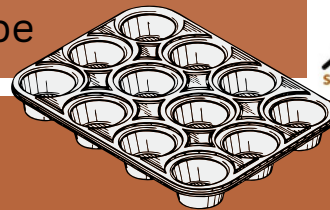
Mini Breakfast Quiches



Ingredients

- 1 small Onion
- 1 small Bell Pepper
- 1/2 head of Broccoli
- 1/3 cup Low-Sodium Vegetable Broth
- 1 cup Kale or Spinach
- 1 cup Whole-Wheat flour
- 1/3 cup Nonfat Milk
- 2 tbsp chopped Parsley
- 2 tbsp Nutritional Yeast
- 1 tbsp Dijon Mustard
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika

*A muffin pan will also be used in this recipe



Directions

1. Dice all veggies. The smaller the better!
2. Preheat oven to 475°F.
3. In a large skillet, pour vegetable broth. Add diced onion, bell pepper, and broccoli. Cook until tender, about 7 minutes.
4. Add kale and stir until vegetable broth is fully absorbed.
5. In a small bowl mix flour, milk, parsley, nutritional yeast, mustard, garlic powder, and paprika together.
6. Add cooked veggie mix into the bowl and stir until well mixed.
7. Pour mixture into a muffin pan.
8. Bake for 15 minutes or until tops are firm to touch.
9. Refrigerate overnight then grab 2-3 quiches in the morning for an already cooked breakfast! Pair with a serving of no sugar-added Greek Yogurt or other source of protein to keep you satisfied until lunch!
10. Store in fridge for up to 5 days or in freezer for 4 months.



Nutritional Yeast???

Nutritional Yeast is an inactive yeast that has a "cheesy" taste and many nutritional benefits. So much so that it's in the name! Nutritional Yeast has been shown to boost the immune system, improve emotional states, and lower cholesterol. It is also a good source of protein! You can find it at HEB in the Healthy Living section. Buy it prepackaged or at some HEB's you can find it in the whole sale section (with the nuts) and save on paying for packaging!