

Crustless Mini Quiches

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/better-homes-and-gardens-italian-mini-quiches-recipe>

Ingredients:

- cooking spray
- 6 eggs
- 1/2 cup 1% milk
- seasoning your choice
- vegetables
- cheese