

Sheldon's quiche

Ingredients

• egg/milk or water

#1

spinach

onion

paprika

tomato

mushroom

Spices (onion powder/garlic/oregano)

Cheese

Salt & Pepper

How to make

- 1) *Chop the vegetables (#1) and bacon*
- 2) *Prepare cheese and blend the eggs with water or milk*
- 3) *Fry 1)*
- 4) *Put the egg mixture into the muffin tins*
- 5) *add the topping into the egg mixture*
- 6) *Bake at 180 degrees for 15-20 mins*