

## Ham, cheese & tomato mini breakfast quiches

Say goodbye to oily quiche Lorraine – these mini quiches are packed full of protein and low-GI carbs without all the saturated fat. They are ideal to make in advance and grab when you're running out the door in the morning, saving you from that impulsive bakery stop on the way to work. Good skin starts with good habits!

SERVES 4 PREP TIME: 10 MINS COOKING TIME: 25 MINS

4 wholemeal Lebanese flatbreads or gluten-free wraps  
8 egg whites  
½ cup (95 g) reduced-fat cottage cheese  
3 tablespoons chopped chives  
250 g (9 oz) leg ham, chopped  
12 cherry tomatoes, halved  
½ cup (50 g) grated parmesan cheese

Preheat the oven to 180°C (350°F) fan-forced and lightly grease 12 x ¾ cup (185 ml) muffin holes. With a 13 cm (5 inch) round cutter, cut three rounds from each flatbread. Push into the muffin holes.

Whisk together the egg whites, cottage cheese and chives. Stir in the ham and season with salt and pepper. Spoon into the muffin holes.

Place two cherry tomato halves on each quiche and scatter with parmesan. Bake for 25 minutes or until set.

### ANALYSIS SUMMARY

(Per serve, 3 quiches)

Energy 1524 kJ (364 Cal)

Protein 33 G

Total Fat 8 G

Saturated Fat 4 G

Carbohydrate 35 G

Sugars 4 G

Dietary Fibre 4 G

***The Healthy Skin Diet: Recipes & 4-week plan to support skin health at any age* by Geraldine Georgeou (Murdoch Books, £14.99) is available to buy now.**