

Recipes!



You Will Need:

A glass pie dish

Ingredients:

3 eggs

2 cups (½ l) partly skimmed milk

1 cup (100g) plain flour

1 cup (100g) grated cheese (gruyere or cheddar)

1 cup (100g) fresh spinach leaves, torn

10 cherry tomatoes, halved

Salt and pepper

A dash of olive oil (optional)



GARDEN VEGGIE QUICHE

Directions:

**Make sure your parent or guardian helps you with these!*

1. Preheat the oven to 190C/375F.
2. Beat the eggs with the flour in a large bowl.
3. Add the milk and whisk the mixture.
4. Mix in the grated cheese and add a pinch of salt and pepper.
5. Add the torn spinach leaves and tomato halves to the mix.
6. Grease your pie dish and carefully empty the mixture into it.
7. Bake in the oven for 40 minutes.
8. Once the quiche is nice and golden, ask your parent or guardian to take it out of the oven and leave it to cool.
9. Serve quiche at your **Earth-Friendly Meal** from *Outdoor Activities!*



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