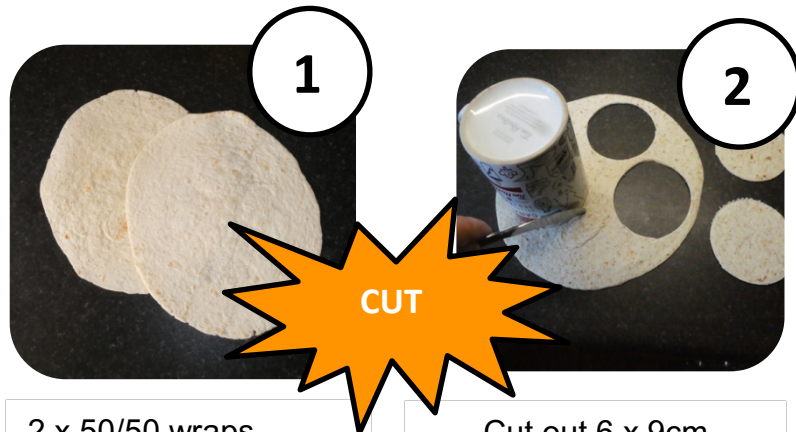




Mini Veg Quiche Wraps

2 wraps will make
6 mini veg wrap quiches



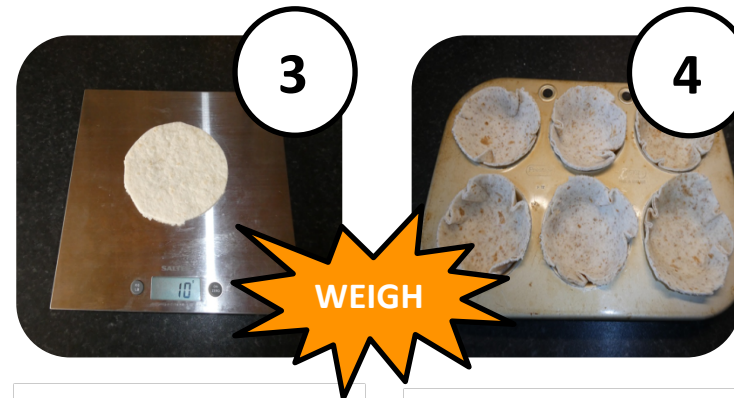
1

2

CUT

2 x 50/50 wraps

Cut out 6 x 9cm
diameter circles



3

4

WEIGH

Weigh one of the
wrap circles (g)

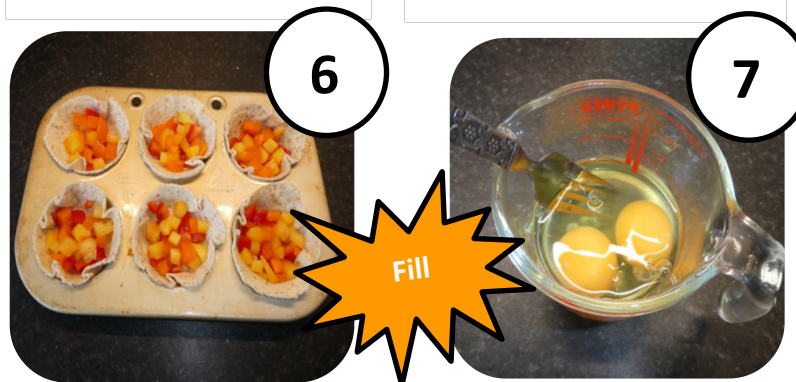
Put the wrap circles
into a muffin tin



5

CHOP

Chop vegetables
(We used peppers and
cherry tomatoes)



6

7

FILL

Add vegetables to the
wrap circles

Break 2 eggs into a jug,
mix well with a fork.
You could add a few
mixed herbs if you like



8

9

BAKE

Pour in a little of the egg
mixture to cover the
vegetables

Add half a cherry tomato
and grated Mozzarella






10

Cook for
15 minutes 180°C

How we made our mini veg wrap quiches healthier

Mini veg wrap quiches can be made healthier by changing some ingredients

FATS		<p>We used Mozzarella cheese.</p> <ul style="list-style-type: none">• Mozzarella is lower energy than Cheddar cheese• We also grated mozzarella so we used a smaller amount of cheese
FIBRE		<p>We used 50/50 wraps.</p> <ul style="list-style-type: none">• Our mini quiches had more fibre than those made with white wraps• You could also use seeded wraps• Fibre is good for our digestive system
VEGETABLES		<p>Our recipe contains a small amount of vegetables</p> <ul style="list-style-type: none">• Vegetables are low energy and add extra fibre, vitamins and minerals. These are good to use in a quiche• Top your mini quiche with basil and serve with more raw vegetables for good health

We first shared these Mini Veg Wrap Quiches with our families in Taunton to Cook and Eat at Home in August 2019

Gluten Free: use gluten free wraps

Dairy free: check your wrap is dairy free and use a dairy free milk and cheese

Vegan: use a filling of silken tofu & dairy free cheese

Counting the carbs:

- The only carbs are in the wrap itself
- A quick tip for estimating carbs in any sort of bread is to weigh it, then divide by 2 – easy!
- So, if your wrap circle weighs 10g, your mini veg wrap quiche contains 5g carbs

What can you do with the leftover wraps?

- You can cut them into pieces, sprinkle with flavours such as paprika, and bake in the oven (180°C/160°C fan) on a baking tray for 12-15 minutes to make tortilla chips