Breakfast Quiches

Makes 6

* 1 cooked sausage chopped
* ½ green pepper deseeded and chopped
* 1 medium tomato deseeded and chopped
* 1 small red onion peeled and chopped
* 4 button mushrooms finely chopped
* 4 eggs
* 50ml milk
* Spray oil
* Salt pepper

1. Preheat oven to 160
2. Spray a silicon muffin pan with the spray oil (I really like the clover garlic one)
3. Mix all veg in a bowl and divide evenly between the 6 muffin cups- they will be very full
4. Divide the cooked sausage between the cups too
5. In a bowl beat the eggs and milk together
6. Add salt and pepper
7. Pour mix evenly over the 6 muffin cups
8. Bake in oven for approx 20min, until brown and risen

Great hot or cold for a breakfast or with a salad for lunch