Mini quiches with hidden veg

These cheesy mini quiches will be popular with your kids - and they need never know that they are packed full of healthy vegetables that have been pureed and sneakily hidden in the egg and cheese mixture. Yum!

makes: 24





ingredients

* 2 sheets gluten free frozen puff pastry
* 4 eggs
* ¼ cup coconut milk
* ½ cup mashed potato
* ½ cup mashed or pureed carrot
* 1 cup goats cheese/feta

method

1. Place pastry sheets on a work surface to defrost for 10 minutes. Preheat oven to 180°C.
2. Select a 24 small hole cupcake pan or 2 x 12 hole pans.
3. Cut 12 holes from each pastry sheet with a scone cutter that is slightly larger than the holes.
4. Carefully push pastry circles into pan (there's no need to grease). Divide cheese between pastry cases.
5. Whisk eggs and milk together in a jug, then whisk in the mashed vegetables.
6. Pour egg mixture into pastry cases to just below the top. Keep whisking the mixture to make sure the veggies are evenly distributed.

Bake for 10-15 minutes until golden.