**SPINACH AND FETA QUICHES**

**EQUIPMENT**
- Metric measuring scales and mixing bowl - large
- Metric measuring cups
- Chopping board and grater
- Knife
- Muffin tins
- Serving plates

**INGREDIENTS**
- ¾ cup finely chopped English spinach
- ¾ cup self-raising flour
- 100g Greek fetta, crumbled
- ¼ cup olive oil
- ½ an onion, grated
- ½ cup milk
- 2 eggs
- Salt and pepper to taste

**METHOD**

1. Preheat oven to 180 degrees
2. Mix all ingredients together in the large mixing bowl
3. Pour into greased muffin tins
4. Bake for 20 minutes or until cooked through and starting to brown on top

_Makes about a dozen small quiches_