

With Australia Day coming up here are some great menu treats with a real Aussie flavour!

## **VEGEMITE BREAKFAST TARTS**



### ***Ingredients***

12 slices wholemeal bread, crusts removed  
60 grams butter, softened  
1 ½ tablespoons Vegemite  
24 cherry tomatoes, halved  
½ cup low fat tasty cheese, grated  
¼ cup roughly chopped flat leaf parsley  
6 eggs, beaten

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### ***Method***

- Spread each slice of bread with butter and Vegemite. Press into 12 x 1/3 cup capacity greased muffin pans.
- Place some tomato, cheese and parsley in each bread case then pour in the egg.
- Bake in a very hot oven (220°C) for 10-15 minutes or until cooked.
- Cool slightly before turning out. Serve warm or cool.

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<http://www.vegemite.com.au/pages/recipe-detail.aspx?recipeId=125086> accessed 5 November, 2013

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