

# Crunchquich

The Crunchquich is a tasty and filling breakfast dish that combines your favorite cereal, protein, and veggies.



Main Dish

**20 min**

Total time

**Easy**

Difficulty

**450**

kcal / serving

## Ingredients

- Ingredients for 1 person:
- 1 cup of cereal
- 1 teaspoon vegetable oil
- 1/4 cup diced onion
- 1/4 cup diced bell pepper
- 2 eggs
- 1/4 cup shredded cheese
- Salt and pepper

## Steps

- 1 Preheat oven to 350F.
- 2 Heat oil in a skillet over medium heat and add onions and bell pepper. Saute for 2-3 minutes, or until the vegetables are tender.
- 3 Spread cereal on a baking sheet and bake for 5 minutes until lightly toasted.
- 4 In a bowl, whisk together eggs, cheese, and vegetable mixture.
- 5 Pour egg mixture onto cereal and bake for 15-20 minutes, or until center is set.
- 6 Serve warm with a sprinkle of salt or pepper.