Sweet potato quiche

Sweet potatoes, spinach and red onion are a rich source of antioxidants, which may help to support brain health by reducing the effects of oxidative stress on the brain. Eggs are great for increasing protein and are also a good source of vitamins B6 and B12, folate and choline, which are essential for keeping the brain energised throughout the day, as well as supporting a biochemical process called methylation, which is vital for mental and neurological wellbeing.

Ingredients:
4 sweet potatoes, peeled and sliced into thin rounds (the rounds should be thin enough to bend easily)
5 eggs, beaten
2 cups fresh spinach
10 slices of sundried tomato, chopped
1 red onion, sliced
1 garlic clove, crushed
2 tbsp fresh chives
Olive oil

Method
1. Preheat your oven to 200°C.
2. Arrange the potato slices in a pie dish in a circular pattern to form a “crust” for the quiche. Drizzle the sweet potatoes with olive oil and season to taste. Place in the oven and bake for 15 to 20 minutes.
3. Warm some olive oil in a pan over a medium heat and add the garlic and onion. Cook until they are soft and fragrant, around 5 minutes.
4. Add in the spinach. Sauté until wilted (2 - 3 minutes) and set aside to cool.
5. When the sweet potatoes are done, lower the oven heat to 375 F.
6. In a bowl, combine the beaten eggs with the spinach mixture, sundried tomato and chives.
7. Pour over the sweet potato crust, and place in the oven. Bake for 30 to 35 minutes, or until the eggs are set. Serve warm.