

Egg Muffins

vo

This is a great dish to make ahead of time for those busy working weeks, and they freeze well. All you then need to do is quickly reheat in the microwave and serve with a chunk of avocado for a quick easy, filling breakfast. Also great for an ‘on the go’ meal and for school lunches.

Makes	6 large or 12 small muffins	Per serve (1 large or 2 small)
Prep time	15 minutes	Carbs 2.4 g
Cook time	20 minutes	Protein 11.7 g
Difficulty	●●●	Fat 15.7 g
		Energy 198 Cal

INGREDIENTS

For the muffins:

- 6 eggs
- 1/3 cup of cream
- 1/4 cup of grated cheese of your choice
- 1/4 tsp salt

Some ideas for fillings:

- 1/2 red onion, thinly sliced
- 5-6 white button mushrooms, sliced
- 3-4 rashers of bacon, chopped (optional)
- 1 tomato, diced 1-2 cm
- 1/2 cup chopped leafy greens (spinach or kale)

For the topping:

- handful of grated cheese of your choice

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Grease non-stick muffin trays, or line with paper cases. Silicone muffin trays are great to use as they don’t need greasing.

Place all the muffin ingredients in a bowl and whisk together.

Simply add the fillings raw to the muffin mix. The more ingredients you use, the further the egg mixture will go and the more muffins you will make. If you don’t have enough space for all the mixture, just cook it in two batches.

Spoon the mixture into the muffin trays or paper cases. Top with the cheese and bake for 8-15 minutes, depending on the size of your muffins. When cooked, they should be firm when you shake the tray. To check, crack the top of one muffin open to see if there is any uncooked egg remaining. If there is, continue to cook for 3-minute bursts.

Serve hot or at room temperature.

Vegetarian option: Just leave out the bacon; there is plenty of other protein in these.

