

# EGG MUFFINS



## YOU WILL NEED

- Chopping board and knife
- Medium sized muffin tray
- Grater
- Mixing bowl and whisk

INGREDIENTS	4 SERVES	10 SERVES	25 SERVES
Raw capsicum, diced	¼ cup	½ cup	1 cup
Cooked spinach, squeezed and chopped	1 cup	2 cups	4 cups
Raw spring onion, sliced	¼ cup	½ cup	1 cup
Raw tomato, diced	½ cup	1 cup	2 cups
Eggs	6	12	24
Edam cheese, grated	½ cup	1 cup	2 cups

\$0.90c per serve (February 2018)

## STEP BY STEP



1. Heat oven to 180°C.
2. Lightly grease muffin tray (non-stick is best).



3. Place vegetables into each muffin cup.



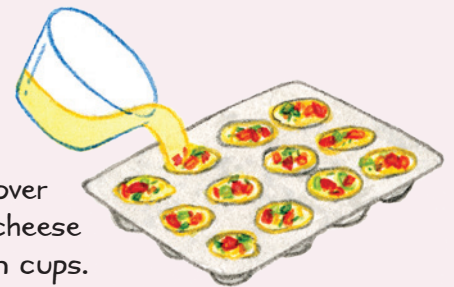
4. Sprinkle cheese over top of vegetables.

**Fun Fact**  
How do you check if an egg is fresh? Place it in a bowl of water - fresh eggs stay at the bottom of the bowl while older eggs float.



5. Beat eggs.

6. Pour eggs over vegetables and cheese to fill the muffin cups.



7. Bake for about 20 minutes or until cooked through. Allow to cool in the muffin tray before removing.



Ask children to describe the shape, texture and flavours.

8. Enjoy your egg muffins together.

**TIP** You can use any vegetables that are in season or growing in your garden, as long as it equals 2 cups.  
Always supervise children with cutting or prepare in advance.