



Egg Muffins

Can be served hot or cold, for breakfast, lunch or dinner.

A different take on the classic omelette - A child-friendly recipe!

- Oil, for greasing
- 6 eggs
- Grated cheese
- Whatever fillings you like:
 - Chopped tomatoes
 - Diced ham/chicken
 - Diced pepper



1. Heat the oven to 200C/180 fan/gas 6.
2. Grease 6 holes of a muffin tin/or silicone tray
3. Beat the eggs with a fork and season
4. Chop the ingredients (tomatoes, cheese) and add these fillings to the mix)
5. Spoon the mixture into the 6 holes evenly.
6. Bake for 15 minutes until the eggs are set.
7. Leave for a minute or two to cool, then use a knife to carefully remove the 'muffins'.

See the step-by-step picture guide

1



2



3



4



5



6

