



*Catriona McMorris*



### **EGG 'MC MUFFINS'**

**Makes 12**

**Preheat Oven to 150°C**

**So quick to make ! / Can be eaten hot or cold/ perfect for lunchboxes / can be enjoyed as a snack or as a meal option**

#### **INGREDIENTS:**

12 eggs beaten in a jug / large bowl with a little milk

#### **ADD IN YOUR OWN MIX – HERE ARE SOME IDEAS:**

- 1 shallot / ½ yellow onion (you can saute this in advance)
- 2-3 mushrooms
- 3 cherry tomatoes
- Diced courgette
- **Protein:** Bacon medallion, flaked baked salmon, tofu, turkey rasher, pepperoni, salami , nutritional yeast
- Good handful of washed baby spinach leaves chopped very finely
- Grated hard cheese

#### **METHOD:**

- I used a silicone muffin tray (with a metal flat baking tray underneath!!) and divided out the egg mixture
- I placed into the oven for 15 mins. Bake for another 5 for extra Browning