

Catirona McMorris



EGG 'MC MUFFINS'

Makes 12 - 14

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, 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
- If using a metal tray brush with some olive oil before pouring the mixture in.