



What's On 4 Australia

(Great Recipe)

How easy are these and so quick. You can even give them to the kids for their lunch boxes. And what's even better you can freeze for later use.

Mini Egg Muffins *** Simply Share to Save Recipe ***

Ingredients

Spring onion as required
Chopped tomatoes as required
Onion as required
Cheese as required
Green Capsicum
Fresh coriander

You can add chicken or other lean meats, spinach, ricotta cheese, bacon, and lots more as per your taste.

Eggs x 6 - beaten with 2 tbsp milk, black pepper to taste

Instructions

- Preheat oven at 200 C
- Grease your mini muffin tin
- Add vegetables of your choice along with cheese (if you choose), pour beaten egg mixture on it.
- Place muffin pan on the center rack of a preheated oven and bake for 20-25 minutes or until muffins are light brown, puffy, and the eggs are set.
- Let muffins cool for a few minutes before removing from the muffin pan or cups. Loosen gently with knife if they seem to be sticking. Eat immediately or let cool completely and store in plastic bag in refrigerator or freezer. The Egg Muffins can be reheated in the microwave.