

Allergens\*:



Milk



Eggs

Family Recipe Card 20

# Egg Muffins



Cost  
per person  
**£1.37**

See  
ingredients  
and cooking  
method  
overleaf...



**Serves 4**

Make these mini egg muffins for a delicious healthy, savoury breakfast. They are easy to prepare and a perfect start to the day.



**Equipment**

- Muffin tin
- Chopping board
- Grater
- Sharp knife
- Weighing scales
- Fork
- Mixing bowl
- Oven
- Jug / ladle

Funded by Warwickshire County Council

**Fitter  
Futures**  
Warwickshire

\* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

# Egg Muffins



## Ingredients:

- Fry light
- 12 medium eggs
- 120g reduced fat cheddar cheese
- 1 medium red pepper
- 2 salad tomatoes
- Handful of spinach
- 1 tsp smoked paprika
- 1 tsp garlic granules
- Salt and pepper



## Method:

Preheat oven to 200c.

Mix all the eggs together with the seasonings (smoked paprika, garlic granules, salt and pepper).

Finely chop the peppers, tomatoes and spinach. Then mix into the egg mixture.

Spray the muffin tins with fry light making sure each muffin hole is covered.

Fill the 12 muffin holes with the egg mixtures (you can put the mixture into a jug if this makes it easier or use a ladle!)

Top with grated cheese and bake for 20 minutes.

Portion up and enjoy for breakfast!