

Egg muffins

Ingredients

Makes 6 muffins

Butter 'Frylight' (or similar)

4 eggs

Splash of milk

Salt and pepper

Fresh herbs (parsley, mint, coriander, basil etc.)

Fillings: sweetcorn, ham, peas, pepper, tomatoes, spinach, grated cheese, chicken etc.

Equipment

Jug

Fork

Knife

Chopping board

Oven

Muffin trays

Method

1. Crack and scramble the eggs into a jug and add a good splash of milk with some salt and pepper. Mix well.
2. Spray each muffin tray with the 'Frylight' so they are covered well (this prevents the muffins from sticking).
3. Prepare the toppings into small pieces and tear the herbs you have chosen to use.
4. Pour the egg into each muffin hole so it is 3/4 full and add the toppings you are using. Be careful not to overfill!
5. Bake for 10-15 minutes at 180c. Until solid and cooked all the way through.
6. Serve hot or cold and enjoy as a snack or for breakfast!