



## Egg muffin cups

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 cups

### Ingredients:

- 12 slices of wholemeal bread, crust removed
- ½ cup reduced fat cheese, grated
- 1 cup spinach, roughly chopped
- 1 tomato, diced
- 1 tablespoon parsley, chopped
- 8 eggs, lightly beaten
- ½ cup reduced fat milk

### Method:

1. Pre heat oven to 180°C.
2. Lightly spray or grease a large 12-cup muffin tin.
3. Place 1 slice of bread in each muffin cup and squash it down slightly.
4. In a bowl, combine cheese, spinach, tomato and parsley and mix well.
5. Distribute the mix evenly into each of the bread cups in the muffin tray.
6. In another bowl, whisk the eggs and milk together and pour mixture evenly over each cup.
7. Bake in the oven for 15-20 minutes until they are set and golden.

### Variations:

- Use a variety of different ingredients for the mix, including mixed herbs, feta cheese, capsicum or any other veg.

*Recipe tested by JG October 2016*

**Nutrition information:**

<b>Egg muffin cups</b>	<b>Per serve (100g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	596	596
<b>Protein (g)</b>	10.0	10.0
<b>Fat – total (g)</b>	5.5	5.5
<b>Fat – saturated (g)</b>	2.0	2.0
<b>Carbohydrates – total (g)</b>	12.2	12.2
<b>Carbohydrates – sugar (g)</b>	1.9	1.9
<b>Sodium (mg)</b>	222	222