



Easy Egg Muffin Omelettes

Makes 8

Preparation and Cooking time: 35 minutes

This recipe contains eggs and cheese, egg is a source of protein and cheese a source of calcium

Ingredients

- Large handful diced vegetables of your choice (pepper, tomato, spinach...)
- 50g Grated cheese
- 6 eggs
- 2 Tablespoons semi-skimmed milk
- Olive oil to grease tray

Method

Preheat oven to 190°C / Gas mark 5

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Lightly grease a non-stick muffin tray and place the diced vegetables and grated cheese in each muffin holder

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Beat the eggs together with the milk and pour into each cup, levelling to the top

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Bake for 25 - 30 minutes, or until golden

Adapted from:

<http://www.actiononsalt.org.uk/resources/how-to-eat-less-salt/recipes/breakfasts/muffins/>
and Evelina London