

EGG AND BRUNCH VEG CUPS



QUICK

7 mins prep –
20 mins to cook

HEALTHY

Eggs are a great source of vitamin D, which helps with the absorption of calcium. It is also important for your bones and teeth.

FAMILY

Makes 12

MEALS

This is a great alternative to crisps and is great when the kids get back from school or as a starter.

INGREDIENTS

- 12 eggs
- Vegetables that you like e.g.
 - Tomato (1)
 - Asparagus
 - Mushroom (1)
 - Spring onion
 - Spinach – small handful
 - Pepper
 - broccoli
- Salt and pepper
- Optional – cheese/smoked salmon

METHOD

1. Put the oven onto 180°C
2. Put the eggs in a measuring jug
3. Add salt and pepper – be generous
4. Beat
5. Chop your veg and put into greased muffin tins or cases
6. Fill with the egg mix
7. Bake for 20 mins
8. Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com