



Egg Muffins

You need:

- 1x 12 pocket muffin pan
- 12x muffin cups/cupcake liners – optional (highly recommended)
- 8x eggs
- 50ml of milk
- 2x baby marrow (medium) – grated
- 12x tsp/60g medium cream cheese
- 120g of cheddar cheese – grated
- 1 tbsp oil

Calories/s

204

Prep time

<10 min

Servings (s)

Method:

- Preheat the oven to 180°C.
- Line each pocket with a muffin cups or use 'Cook n Spray' to grease the pan.
- Divide the grated baby marrow to each cup (a small handful per cup).
- Add 1 tsp cream cheese to each cup.
- Whisk the eggs and milk; add spices.
- Divide the egg mixture evenly between the cups.
- Add cheddar cheese (10g/cup) on top.
- Then place in the oven for 12-15 min.
- Voila! Enjoy!

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	854 kJ 204 kcal
Protein	13.69g
Carbohydrates	1.33g
Sugar	0.67g
Fat	15.59g
Saturated Fat	7.474g
Polyunsaturated Fat	1.281g
Monounsaturated Fat	5.157g
Cholesterol	343mg
Fiber	0.0g
Sodium	222mg
Potassium	126mg