



# Rainbow egg muffins

## Ingredients (Makes 6 muffins)

- Butter/oil spray
- 3 eggs
- Splash of milk
- Salt and pepper
- Fresh herbs (parsley, chives, coriander, basil etc.)
- Fillings: sweetcorn, tinned carrot, mushrooms, spring onion, peas, peppers, tomatoes, spinach, grated cheese, wafer chicken/ham etc.

*You don't need all of them, these are just for inspiration!*

## Equipment

- Jug
- Fork
- Knife
- Chopping board
- Grater
- Scissors
- 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 butter spray so they are covered well (this prevents the muffins from sticking).
3. Prepare the fillings you have chosen into tiny pieces and tear or snip the herbs. If you are using meat, tear this up into small strips. If you are using cheese, grate it.
4. Pour the egg into each muffin hole so it is 3/4 full and add your fillings. Be careful not to overfill!
5. Bake for 10-15 minutes at 180°C. Until solid and cooked all the way through.
6. Use a tablespoon or a knife to pop them out of the tray.
7. Serve hot or cold. You could keep them in a tub in the fridge as a quick snack or reheat them and have them with breakfast!

