

Brekkie Egg Cups with the Kids

These egg cups are so quick and easy to make. Kids will enjoy cracking the eggs (watch for shells!), mixing the ingredients up and sneaking cheese into their little mouths. Use half the ingredients for a smaller batch.

Ingredients

Cooking spray

6 large eggs

1/4 cup milk or unsweetened milk alternative

1/8 teaspoon salt

1/8 teaspoon black pepper, ground

2 - 3 types of vegetables of your choice

30g cheddar cheese



1. Dice any vegetables you have into tiny pieces.
We used mushrooms, spinach and zucchini.



2. Crack eggs in a big bowl and pour all the ingredients in the bowl.



3. Using a fork or whisk, mix the ingredients up.



4. Spray a muffin pan with cooking oil and heat the oven up to 180 degrees Celsius.



5. Pour the mixture carefully into the muffin pan.
6. Pop the muffin pan into the oven for 20 min.



7. Let the egg cups cool down for about 10 min before eating. Bon Appétit!