

SNACKS

EGG-VEGETABLE-MUFFINS

I. Preheat oven to 180°C (top/bottom heat).

II. Whisk the eggs with the milk and season with salt and pepper.

III. Dice the ham, spring onions and mushrooms and fill them in the greased muffin tins.

IV. Finally, spread the egg mixture on the muffin tins and bake for 20-25 minutes.

INGREDIENTS:

3 eggs

30ml milk

4 mushrooms

1 small spring onion

40g ham

Fat for the muffin tins
salt, pepper



Preparation time: 10min

Baking time: 20-25 min

GIVE IT A TRY: If you would like a vegetarian variation with tomato, basil and Parmesan cheese, simply fill the muffin tins with a diced tomato, 2 tablespoons of Parmesan cheese and some chopped basil.

TIP: Two muffins are sufficient as a snack between meals. You can eat the rest the next day or freeze them for stressful times.

