

BREAKFAST EGG CUPS



Ingredients

- Cooking spray (coconut oil is a great option)
- Eggs x 6
- 1/4 cup of milk
- 1 red capsicum, cut into small slices
- 1 cup baby spinach, sliced
- 1 cup of mushrooms, diced
- 3 stems of spring onion, chopped finely
- 1/4 cup of cheddar cheese
- Salt and pepper to taste
- Chili flakes (if you like)

PREPARATION: 10MIN

COOKING TIME: 20-25MIN

SERVES 3 PEOPLE

Directions

1. Spray muffin tin with oil and preheat oven to 190 degrees Celsius
2. Whisk eggs and milk together in a bowl. Add salt and pepper and chili flakes if desired.
3. Add the Capsicum, spinach, mushrooms, spring onion and cheese. Combine well.
4. Place mixture into muffin tin and cook for 20-25 minutes.
5. Allow to cool before eating

Quick tip!

A brilliant idea for a quick and easy on the go breakfast.