



EASY “ON-THE-GO” BREAKFAST MUFFINS



INGREDIENTS

- Cooking oil spray
- 1 medium zucchini
- 8 eggs, at room temperature
- 2 tbs milk
- 1 medium carrot, coarsely grated
- 3 green onions (shallots), thinly sliced
- 1/3 cup frozen peas
- 1 cup reduced fat grated tasty cheese



METHOD

1. Preheat oven to 160°C fan-forced.
2. Spray a 12 hole x 1/3-cup capacity with oil to grease.
3. Grate zucchini. Firmly squeeze zucchini, then wrap in paper towel and squeeze again to remove excess moisture.
4. Whisk eggs and milk in a large bowl.
5. Stir in zucchini, carrot, green onions and frozen peas.
6. Season and stir through cheese.
7. Evenly spoon mixture into muffin pan.
8. Bake for 25-30 minutes or golden and until set.
9. Set aside in the pan for 5 minutes to cool then turn onto a wire rack. Serve hot or cold.

NOTES

Reheat to room temperature (thaw muffins on 50% for 1 minute from frozen.)

Microwave power and times may vary so adjust according to your appliance.

NUTRITION

- 143 SERVING SIZE
- 708kj ENERGY
- 169cal ENERGY
- 15g PROTEIN
- 11g TOTAL FAT
- 5g SATURATED FAT
- 3g CARBS (TOTAL)
- 3g CARBS (SUGAR)
- 210mg SODIUM

All nutrition values are per serve.