

# Cheese & Veggie Egg Muffins



Preparation time: 35 mins

Serves: 6 people

User Rating: ★★★★★

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We've found the perfect way to sneak more veggies into your day - whether it's for you or for your little ones, we have you covered!

These delicious power packs of egg, cheese and veggies are perfect for starting your day with a breakfast on the go or just an inbetween meal snack.



## Ingredients

- 6 eggs
- ½ cup milk
- 2 tbsp plain flour
- 100g broccolini, roughly chopped
- 1 large carrot, grated
- ¾ cup frozen peas

- $\frac{3}{4}$  cup grated cheddar cheese

## Method

1. Preheat oven to 180C. Line 6 Texas muffin moulds with paper cases.
2. Whisk eggs, milk and flour in a medium bowl. Add broccolini, carrot and peas to a saucepan of boiling water. Cook for 2 minutes or until just tender. Drain and rinse under cold water. Drain well and add to egg mixture with cheese. Season with salt and pepper and spoon into prepared muffin cases.
3. Bake for 20-25 minutes or until puffed and cooked through. Transfer to a wire rack to cool.
4. Serve or wrap cold muffins in plastic wrap. Place wrapped muffins into clip lock bags or airtight containers and place in freezer for up to 2 months.