

Egg Muffins Three Ways



Preparation time: 35 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Lunchboxes & Snacks, Vegetarian, Kid Friendly

Not only do these muffins make great breakfasts you can make ahead, they're also lunchbox friendly! Taking only 10 minutes to whip up and 20-25 minutes to bake, they're super easy to make and you can make them with any veggies you have handy at home.

Check out our top three fillings below and give them a go!



Ingredients

Base recipe:

- 6 eggs
- ½ cup milk
- 2 tbs plain flour

Fillings:

Tomato, fetta & chives

- 250g tomatoes, quartered, deseeded, diced
- 150g fetta, crumbled
- 2 tbs finely chopped chives

Cheese and veggies

- 100g broccolini, roughly chopped
- 1 large carrot, grated
- $\frac{3}{4}$ cup frozen peas
- $\frac{3}{4}$ cup grated cheddar cheese

Zucchini, corn & mozzarella

- 2 zucchini, grated
- 2 x 125g can sweet corn kernels, drained
- $\frac{3}{4}$ cup grated mozzarella

Method

1. Preheat oven to 180C. Line 6 Texas muffin moulds with paper cases.
2. Whisk eggs, milk and flour in a medium bowl. Season with salt and white pepper. Add one of the fillings 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.

Cherry tomatoes, fetta & chives filling

Add chopped tomatoes, fetta and chives to egg mixture. Season with salt and pepper.

Cheese and veg

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.

Zucchini, corn & mozzarella

Grate zucchini and using your hands, squeeze as much liquid as possible from zucchini. Add zucchini, corn and mozzarella to egg mixture.

Notes

Muffins can be served warm or alternatively, wrap cold muffins in plastic wrap and place into clip lock bags or airtight containers and freeze for up to 2 months.

Note: All dietary & nutritional information provided is based off the Tomato, Fetta & Chives option.