

SPAR 

# BETTER CHOICES kids



FREE RECIPE  
TO TAKE HOME



## Egg and Veg Muffins

**MAKES: 4****PREPARATION TIME:** 5 minutes**COOKING TIME:** 8 minutes**INGREDIENTS:**

3 Eggs

4 Slices of bacon (optional)

1 Carrot finely chopped

50g boiled peas

1 Finely chopped onion

1 Teaspoon of dried mixed herbs

Salt and/or pepper to taste

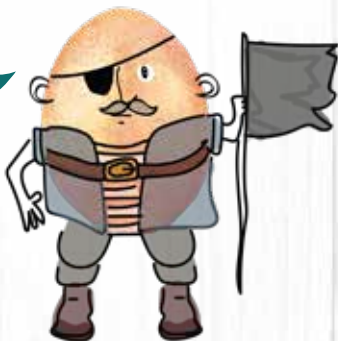
Olive oil

**METHOD:**

1. Preheat your oven to 180°
2. Grease a 4 cup muffin tin with olive oil
3. Line each cup with a slice of bacon - optional
4. Divide the vegetables between the 4 cups
5. In a bowl beat the eggs and mix in the herbs and salt and/or pepper
6. Pour the egg mixture over the vegetables until each cup is full
7. Bake in the oven for approximately 8 minutes
8. Allow to cool before removing from tin

**TIP!**

Meat, egg and cheese contain protein which keeps your muscles strong

**ENJOY!**