

Baked egg muffin cups

Ingredients

3 large eggs

75 ml of milk

1 handful of spinach

Salt, pepper and herbs to season

1 kcal olive oil spray



Method

1. Pre-heat oven to 200°C
2. Crack eggs into jug and whisk
3. Add milk and seasoning
4. Tear spinach into small pieces and add to the mix
5. 1 spray of oil into 3 cups of a muffin baking tray and grease
6. Pour mixture into 3 cups of muffin baking tray
7. Pop tray into oven to cook for 20 minutes
8. When cooked scoop out with a plastic spatula

Per Egg Muffin Cup

100 kcal, 2g carbohydrate, 9.5g protein, 7g fat

Top tip

Double up the recipe and cook twice as many cups. Store the rest of the cups in the fridge and eat cold within 1-3 days.