

# Egg Muffins



**Yield:** 6 egg muffins

**Preparation time:** 10 minutes

**Cook time:** 15 minutes

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## Equipment:

- ❖ Oven
- ❖ Muffin tin
- ❖ Large mixing bowl
- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ Cutting board
- ❖ Knives
- ❖ Cheese grater
- ❖ Whisk
- ❖ Cooking spray
- ❖ Wooden spoon
- ❖ Bowls and spoons for fillings

## Ingredients:

- ❖ 8 eggs
- ❖ ½ cup (125 mL) milk
- ❖ ¼ tsp (1.25 mL) salt
- ❖ ¼ tsp (1.25 mL) pepper
- ❖ 1 cup (250 mL) cheese, shredded
- ❖ 1 cup (250 mL) variety of fillings (diced green pepper, diced tomato, diced onion, diced ham)

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## Directions:

- ① Preheat oven to 375°C.
  - ② Grease muffin tin.
  - ③ Whisk together eggs, milk, salt and pepper.
  - ④ Stir in cheese and fillings.
  - ⑤ Divide evenly among muffin cups.
  - ⑥ Bake until eggs are set, approximately 12 to 15 minutes.
  - ⑦ Run a knife around the edge of each cup and remove the muffins.
  - ⑧ Let cool for 5 minutes before serving.
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