



EASY EGG CUPS 3-WAYS



Ingredients:

8 – 10 large eggs
1/3 cup milk
1 tsp Aromat Naturally Tasty



Serving suggestion 1 (makes 4 cups)

1/2 cup baby spinach
½ cup cherry tomatoes
½ cup feta, chunks



Serving suggestion 2 (makes 4 cups)

1/2 cup mushroom, sliced
1 red pepper



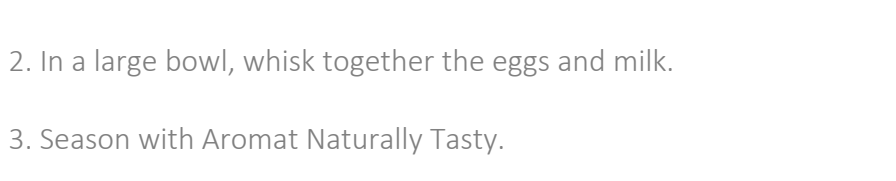
Serving suggestion 3 (makes 4 cups)

2 slices of sandwich ham
1/2 cup cheese, grated

Makes 12 egg cups

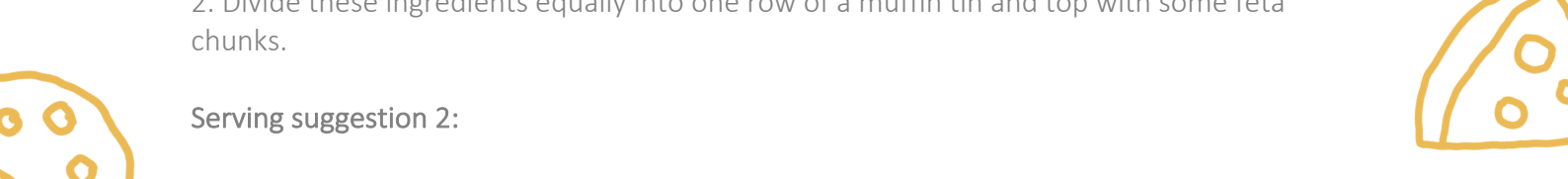


Method:

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1. Preheat the oven to 170°C and grease a normal 12-hole muffin tin.
 2. In a large bowl, whisk together the eggs and milk.
 3. Season with Aromat Naturally Tasty.
 4. Set aside while the other ingredients are being prepared.



Serving suggestion 1:

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1. Chop the baby spinach into fine pieces and halve the cherry tomatoes.
 2. Divide these ingredients equally into one row of a muffin tin and top with some feta chunks.



Serving suggestion 2:

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1. Chop the mushrooms and the red pepper into small pieces.



2. Divide these ingredients equally into one row of a muffin tin.

Serving suggestion 3:

1. Cut the ham into smaller squares.
2. Divide the ham and cheese equally into one row of a muffin tin.

To finish:

1. Pour the egg mixture over the fillings, filling each muffin tin hole $\frac{3}{4}$ full.
2. Bake for 20 – 25 minutes until the egg is set. Allow to cool in the tin for 5 minutes before removing to cool on a wire rack for 10 – 15 minutes.
3. Place into an airtight container. Store in the fridge for up to five days.
4. Microwave for 10 – 15 seconds, sprinkle with a dash of Aromat Naturally Tasty and serve as breakfast with a glass of fresh orange juice. ENJOY!!