

Luckley WELLBEING DAY FOOD & NUTRITION SESSION (12.30) INGREDIENTS FOR EGG MUFFINS

- 6 EGGS - free range, organic
- 3 SPRING ONIONS
- 6 CHERRY TOMATOES - halved
- BLACK PEPPER



VARIATIONS:

- Crumbled feta or grated cheese
- Chilli powder
- Herbs

Eggs are a good source of protein. These muffins are perfect for breakfast, lunch, dinner and snacks. They freeze well so you could make a large batch of them and then take them out of the freezer at night, ready for breakfast.