



RECIPE CARD

**SERVES:**

8

**TIME TO PREPARE:**

10 mins

**TIME TO COOK:**

20 mins

**COOKING TEMP:**

190c

**INGREDIENTS:**

- 6 eggs - 1 red pepper - 35g cheese, grated - 50ml milk - 50g spinach

**METHOD:**

- ◆ Spray a muffin tin with cooking spray and set aside.
- ◆ Preheat oven to 190c.
- ◆ Whisk the eggs and milk together in a bowl.
- ◆ Season with salt and pepper.
- ◆ Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin.
- ◆ Add the peppers, spinach, and shredded cheddar to the egg mixture.
- ◆ Fill muffin cups 3/4 full and bake for 20-25 minutes until centres are set and no longer runny.
- ◆ Allow to cool slightly before serving.



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