

Egg Muffins



Ingredients

5 x medium Eggs
½ x red pepper
60g of sweetcorn
6 Cherry Tomatoes

Equipment

1 x mixing bowl
1 x jug
1 x green chopping board
1 x knife
1 x spoon
1x weighing scales
1 x wooden spoons
1 x bun tin

Method

1. Preheat oven to 180°C.
2. Wash, deseed and cut pepper into small squares
3. Cut tomatoes in half (Long ways)
4. Place pepper and sweetcorn into mixing bowl.
5. Crack 5 eggs into the mixture (adult task). Allow each child the opportunity to mix the mixture
6. Place one tomato into each of the bun tray moulds
7. Transfer mixture from mixing bowl into jug
8. Pour mixture from jug into bun tin. Allow each child to pour the mixture for their own muffin
9. Place in the oven and cook for 20 minutes checking regularly
10. Ensure the muffins are checked thoroughly throughout before serving

Top Tip- A variety of vegetables can be used to make this recipe.