

Egg Muffins

Per Serving : 196 calories, 1g of carbs, 15g of protein, 14g of fat
Serves 4 – counted on the app SENZA (3 Muffins is a serving)

Ingredients

- 3 tbsp cream or tinned coconut milk
- 7 large eggs or 8 small
- 6 spinach cubes defrosted and squeezed = 40g
- 30g of onion
- 50 g of courgette
- 50g of parmesan or parmigiano reggiano

Directions

1. Preheat the oven to 180 °C and place 12 bun cases into your muffin tray.
2. Prepare your vegetables by grating your courgette and very finely chopping the onions.
3. Blend the eggs and cream using a blender or whisk. Next fill each muffin case by about a third with egg mixture. Then divide the vegetable ingredients as evenly as possible into the 12 individual cases.
4. Top up with your egg mix and grated cheese before baking for 18 – 20 minutes.
5. After 9 minutes is up, switch the tray around front to back to prevent the back row of muffins from over rising.
6. Once 18 minutes is up test that the muffins are cooked through using a cocktail stick, if not then return to the oven for another couple of minutes.
7. They will rise and sink so don't worry! Enjoy these warm or cold and they will last 3 days in the fridge.

