| **Ham and Egg Muffins** |
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| **Ingredients** 4 eggs25ml milk 8-10 muffin/cupcake casesOptional ingredients: (choose at least 2)150g mushrooms, 60g ham, 2 spring onions, 50g grated cheddar, 6 cherry tomatoes**Notes*** **Don’t forget your apron.**
* **Plastic container with lid to take home in.**
* **Check allergies of consumer before serving.**
 | **Method*** Prepare all optional ingredients: chop the ham/mushrooms/tomatoes, slice the spring onion, grate the cheese.
* In a jug, beat together the eggs and milk.
* Place cases in cupcake trays.
* Divide the optional ingredients between the cases, and layer as desired.
* Pour the beaten egg over the top until about ¾ full.
* Bake in the oven for 10-15 minutes or until the egg has set.
* Remove from the oven and allow to cool slightly before removing muffins from the ttin.
* Serve them warm or leave to cool completely, then store in an airtight container in the fridge for up to 3 days and enjoy either cold or thoroughly reheated.
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