| **Ham and Egg Muffins** | |
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| **Ingredients**  4 eggs  25ml milk  8-10 muffin/cupcake cases  Optional 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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