

Egg Muffins

INGREDIENTS

- 1 tbsp. olive oil
- 2 cups cheese
- Bacon (or any left over meat)
- Large eggs (6)
- $\frac{1}{2}$ cup red bell pepper, diced
- $\frac{1}{2}$ cup onions, diced
- parsley
- 1/4 cup cream
- Salt, pepper



METHOD

In a bowl mix egg, cream, cheese, salt, pepper and herbs.

Using a muffin maker, add a few drops of oil into each cup together with onions, peppers and bacon. Close for 45 sec to allow to fry.

Add the egg/cheese mixture to the pans and allow to cook until done (about 2 minutes).

You can also make them in the oven using a normal muffin pan.

Mix all the ingredients together and pour into muffin pan. Bake in over for 15 minutes at 160 C, or until done and golden brown.

Great for breakfast of anytime snack with home-made mayo.

FROM THE  OF: Cornia