

Easy “On-The-Go” Breakfast Muffins



Preparation time: 40 mins

Serves: 6 people

User Rating: ★★★★★

Publication: 7 October 2015

Categories: Breakfast Recipes, Vegetarian

Take the stress out of a busy morning with these tasty breakfast muffins. Make a batch on Sunday and freeze in portions of two or three. Thaw overnight in the fridge then simply pop into the microwave and serve with a piece of fresh fruit for a healthy and delicious breakfast anytime, anywhere.



Ingredients

- Cooking oil spray
- 1 medium zucchini
- 8 eggs, at room temperature
- 2 tbs milk
- 1 medium carrot, coarsely grated
- 3 green onions (shallots), thinly sliced

- 1/3 cup frozen peas
- 1 cup reduced fat grated tasty cheese

Method

1. Preheat oven to 160°C fan-forced.
2. Spray a 12 hole x 1/3-cup capacity with oil to grease.
3. Grate the zucchini and firmly squeeze to get the excess moisture out. Wrap it in a paper towel and squeeze again to remove the remainder of the moisture.
4. Whisk the eggs and milk in a large bowl and stir in the zucchini, carrot, green onions and frozen peas. Season and stir through cheese.
5. Evenly spoon the mixture into a muffin pan and bake for 25-30 minutes or golden and until set.
6. Set aside in the pan for 5 minutes to cool then turn onto a wire rack. Serve hot or cold.

Notes

Thaw at room temperature or reheat in the microwave.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
156g	800kj 191kcal	16.2g	12.4g	3.9g	3g	2.7g	227mg	1.8g

All nutrition values are per serve.