

Fresh for Kids®

Scrambled egg, cherry tomato & spinach muffins



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Preparation: about 10 minutes
Cooking: about 5 minutes
Serves: 2

4 eggs, at room temperature
2 tbs reduced fat cream or milk
20g butter or margarine + extra for spreading
Salt and ground black pepper
2 wholemeal English muffins, split
6 plump cherry tomatoes
20g baby spinach leaves

1. To make scrambled eggs, whisk eggs and cream in a medium bowl until well combined. Heat butter or margarine in a small non-stick frying pan over medium heat. When butter or margarine is bubbling, add eggs and swirl around pan. Leave to set for 1 minute, then using a spatula, gently push eggs in from side of pan until almost set. Remove from heat and season with salt and pepper to taste. Set aside.
2. Toast muffins until crisp. Lightly spread muffins with butter or margarine. Top bases with scrambled eggs, cherry tomatoes and baby spinach. Top with muffin tops and serve.

For fresh fruit and vegetable recipes visit
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