

Fresh for Kids®

# Warm egg & tomato muffins



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Preparation: about 10 minutes  
Cooking: about 8 minutes  
Serves: 2

3 eggs at room temperature  
1 tsp butter or margarine  
Salt and ground black pepper  
1-2 tbs reduced fat milk  
2 English muffins, split  
1 ripe tomato, sliced

1. To make mashed egg, place eggs in a saucepan of cold water and bring to the boil over medium-high heat. Reduce heat and simmer for 5 minutes. Drain, refresh in cold water and peel eggs. Place in a bowl and mash roughly with a fork. Add butter or margarine, salt and pepper to taste and enough milk to give eggs a creamy texture. Mash until well combined.
2. Toast muffins until crisp. Top muffin bases evenly with mashed egg and sliced tomato. Cover with muffin tops and serve.

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