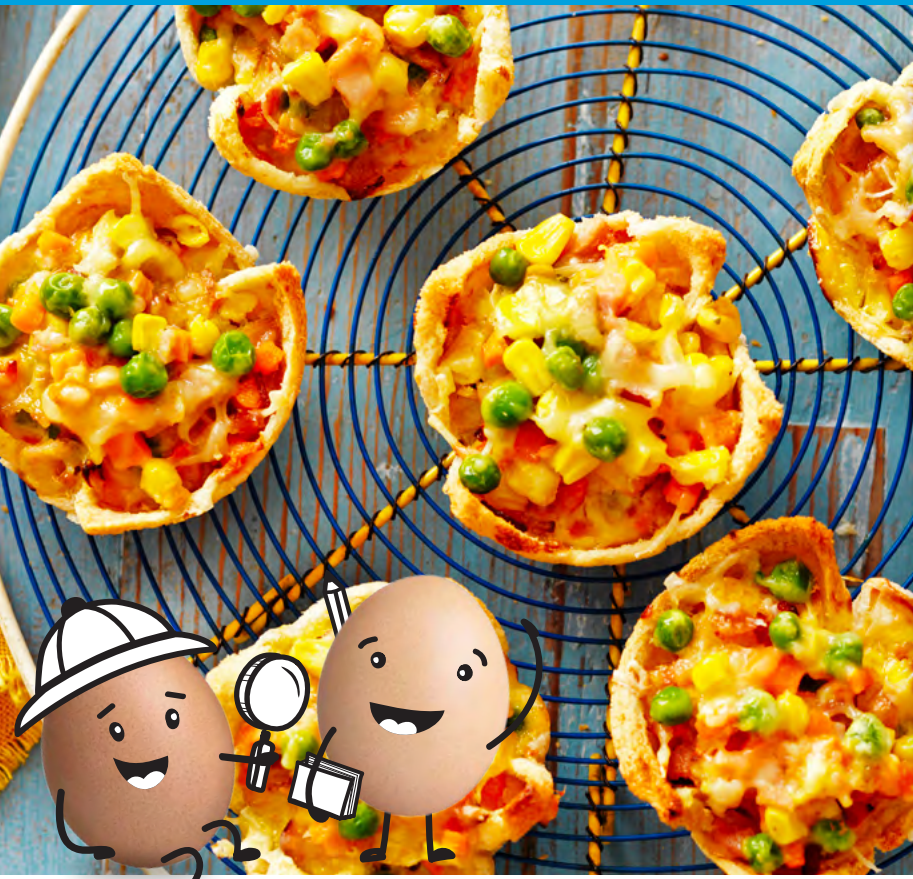


Muffin Tin Egg Pies



Ingredients



3 eggs

6 large slices sandwich bread (crusts off)

40g soft butter

1 tbsp olive oil

1 small brown onion, finely chopped

1 small carrot, diced

1 small can of corn kernels

½ cup frozen peas

100g ham or bacon, finely chopped

1 cup shredded cheese

salt and pepper to taste



Ask an adult to help!



Careful - Sharp knife!

1



Preheat oven to 180C. Roll bread slices flat and butter both sides.



2



Press bread slices into the cups of a muffin pan and bake for 15 minutes or until golden.

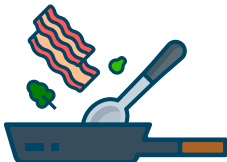
3



Heat the oil in a pan over a medium heat and chop your veggies carefully!



4



Add veggies and cook for about 3 minutes until soft. Stir through ham or bacon.

5



Whisk eggs in a bowl. Add half the cheese. Pour into veggie mixture and season with salt and pepper.

6



Spoon mixture into bread shells. Sprinkle cheese over the top and bake for 15 minutes or until tops are golden.