

Egg cups



Makes 6

Ingredients

- 6 slices bread
- 2 tbsp butter
- 1 tbsp wholegrain mustard
- 1 tbsp Vegemite
- 6 eggs
- salt + pepper
- 1 cup grated cheese



Method

1. Preheat oven to 160°C. Line a muffin tray with baking paper or grease with butter or oil.
2. Cut crusts off bread. Keep the crusts in a container.
3. Flatten bread slices with rolling pin or a can of tinned vegetables.
4. Add spreads such as butter, wholegrain mustard or vegemite.
5. Place a slice of bread into each muffin tin in the tray.
6. Crack an egg into each muffin tin.
7. Season with salt and pepper.
8. Sprinkle grated cheese on top of each egg.
9. Bake for 25 minutes in the oven then allow to cool before serving.

Feeding Kids Tips

Try adding a vegetable you know children like to new meals - this can help them try new things. Tinned corn or beans or frozen peas could be added after the egg.