



Eggie Cupcakes



Prep Time: 5 minutes Cook Time: 2 minutes Makes: 1 serving

INGREDIENTS

- 2 large eggs
- 2 tablespoons low-fat milk or unsweetened almond milk
- 2 tablespoons yellow grape tomato, diced
- 2 tablespoons cheese of your choice, shredded or crumbled
- 1/4 to 1/2 cup veggies of your choice, optional
- Salt and pepper, to taste
- Cooking spray or 1/8 teaspoon butter

VARIATIONS

- Try swapping out the ingredients in this recipe with something seasonal and save money too! Such as: broccoli, chives, kale, winter squash, tomatoes.

DIRECTIONS

- **SPRAY** a silicone cupcake tray with cooking spray or **LIGHTLY COAT** with 1/8 teaspoon of butter.
- **CRACK** 2 large eggs into a bowl.
- **MEASURE** the milk and **ADD**.
- **MEASURE** the tomato and **ADD**.
- **MEASURE** the cheese and **SPRINKLE** over the top.
- **ADD** the veggies of your choice.
- **SPRINKLE** the salt and pepper over the top.
- **BEAT** together everything in the bowl and **PUT** it in the tray.
- **MICROWAVE** for 1 minute and **STIR. MICROWAVE** for an additional minute or until eggs are completely set. Let **COOL** for a few minutes before **ENJOYING!**