

Grab-and-Go Bacon Egg Muffins

Bake a batch, keep two days' worth in the fridge and freeze the rest.

Makes 6

Prep 10 min

Cook 20 min

1g
CARBS
EACH

Per muffin.

You'll need

- ☐ 6 eggs
- ☐ 4 rashers of bacon
- ☐ 50g grated cheddar
- ☐ A handful of spinach (about 20g), chopped
- ☐ A little butter or oil for the tin
- ☐ Salt and pepper, to taste

Method

- 1** Turn the oven on to 180°C (160°C fan, gas 4). Rub butter or oil around 6 holes of a muffin tin. A silicone tray is even easier.
- 2** Fry or grill the bacon until crispy, then chop it small.
- 3** Crack the eggs into a jug, season, and whisk with a fork.
- 4** Share the bacon, spinach and cheese between the 6 holes.
- 5** Pour in the egg, filling each hole about three quarters full.
- 6** Bake for 18 to 20 minutes until puffed up and firm in the middle, with no runny egg.
- 7** Leave for 5 minutes, then run a knife round the edge to lift them out.

TIP

Eat them warm, or cold straight from the fridge.

SWAPS

Use ham, cooked sausage, peppers or mushrooms. Whatever's in the fridge.

STORING IT

Cool, then fridge for up to 2 days. Freeze the rest for up to 1 month. Reheat from frozen in the microwave until steaming hot.

AIR FRYER

Use silicone muffin cases in the basket and cook at 160°C for 10 to 12 minutes, until set in the middle with no runny egg.