

Fresh for Kids®

# Veg & egg muffins



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Preparation: about 10 minutes  
Cooking: about 5 minutes  
Serves: 2

2 eggs  
2 wholegrain English muffins, split  
1 tomato sliced  
20g baby spinach leaves

1. Spray a non-stick frying pan with oil and heat over medium heat. Crack eggs into pan and cook for 3 minutes or until almost set. Turn and cook for 30 seconds. Remove from heat.
2. Toast muffins until crisp. Lightly spread with butter or margarine. Top each muffin base with baby spinach leaves, tomato and an egg. Repeat using remaining ingredients and serve.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au).

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