

Easy Healthy-ish Egg Mag' Muffins



Sparkle Ellie





INGREDIENTS

Pair Standard Batch With Option 1-4
Yields 24

STANDARD BATCH

- 12 Free Range Eggs
- ½ Tsp of Himalayan Salt
(or Whatever Salt)
- 4 Tbsps. of Diced
Chives
- ¼ Tsp. of Garlic Powder
- 1 Cup of Mature
Cheddar Cheese,
Grated
- 1 Round of Feta,
Crumbled
- Pepper, to Taste

 (Zhush Up With
Options 1-4)

OPTION 1

- Chorizo, Sliced
- Butter (For Frying)
- 1-2 Mielies, Cut Off Of Cobb
- Grated Cheese/Feta (Optional)

OPTION 2

- Bacon (Amount to Taste)
- 1 Red Pepper, Diced
- 1 Cup of Mushrooms, Sliced
- 3 Tsp. of Honey (For Frying)
- 2 Tsp. of Cayenne (For Frying)
- Butter (For Frying)

OPTION 3

- 1 Red Pepper, Diced
- 1 Yellow Pepper, Diced
- 1 Cup of Mushrooms, Sliced
- 3 Tsp. of Honey (For Frying)
- 2 Tsp. of Cayenne (For Frying)
- Butter (For Frying)

OPTION 4

- Loads of Feta, Crumbled

Option 1 Instructions:

Place the mielie/mielies in the microwave for about four minutes (the sheath on top covering the mielie). After this is done, set aside to cool and then cut-off the mielies from the cobb.

Slice up the chorizo. Then in a hot pan, plop some butter in and fry the sliced chorizo before removing to allow it to cool. Grate some extra cheese (optional).

Now, beat the 12 eggs and add the rest of the standard batch ingredients (½ Tsp of Himalayan Salt, 4 Tbsps. of Diced Chives, ¼ Tsp. of Garlic Powder, 1 Cup of Grated Cheddar Cheese, 1 Round of Crumbled Feta, Pepper to Taste).

Complete the batter by adding the mielies, chorizo and cheddar cheese – now mix it all up! Pour your mix into a greased muffin tin, or cupcake casings (recommended) in a muffin tin. Fill each casing or section only half full and bake for 20- 25 minutes or until cooked through. Enjoy!

Option 2 Instructions:

Fry the bacon how you usually would or do it the Sparkle Ellie way – add some honey, cayenne and butter and fry until crispy. Slice up once cooled. Sautee the mushrooms as usual.

Dice the red peppers. Now, beat the 12 eggs and add the rest of the standard batch ingredients (½ Tsp of Himalayan Salt, 4 Tbsps. of Diced Chives, ¼ Tsp. of Garlic Powder, 1 Cup of Grated Cheddar Cheese, 1 Round of Crumbled Feta, Pepper to Taste).

Complete the batter by adding the sliced bacon, mushrooms and peppers– now mix it all up! Pour your mix into a greased muffin tin, or cupcake casings (recommended) in a muffin tin. Fill each casing or section only half full and bake for 20- 25 minutes or until cooked through. Enjoy!

Option 3 Instructions:

Add sliced mushrooms, to a hot pan and fry as you usually would or fry it the Sparkle Ellie way – with a bit of butter, cayenne, and honey until soft. Set aside to cool. Slice the two different types of peppers.

Now, beat the 12 eggs and add the rest of the standard batch ingredients (½ Tsp of Himalayan Salt, 4 Tbsps. of Diced Chives, ¼ Tsp. of Garlic Powder, 1 Cup of Grated Cheddar Cheese, 1 Round of Crumbled Feta, Pepper to Taste).

Complete the batter by adding the sliced mushrooms and peppers– now mix it all up! Pour your mix into a greased muffin tin, or cupcake casings (recommended) in a muffin tin. Fill each casing or section only half full and bake for 20- 25 minutes or until cooked through. Enjoy!

Option 4 Instructions:

Beat the 12 eggs and add the rest of the standard batch ingredients (½ Tsp of Himalayan Salt, 4 Tbsps. of Diced Chives, ¼ Tsp. of Garlic Powder, 1 Cup of Grated Cheddar Cheese, 1 Round of Crumbled Feta, Pepper to Taste).

Crumble in the feta and stir. Pour your mix into a greased muffin tin, or cupcake casings (recommended) in a muffin tin. Fill each casing or section only half full and bake for 20- 25 minutes or until cooked through. Enjoy by yourself!