



Cheesy breakfast cups made with amasi

Prep: 5 minutes

Serves: makes 12 Regular or 6 Large egg muffins

Portion Serving Size: 150 g (2 regular muffins)



INGREDIENTS

3 Tbsp (45 ml) softened butter
 2 Tbsp (30 ml) olive oil
 1 small onion, finely chopped
 1 small red pepper, deseeded and diced
 100 g baby/ cocktail / Rosa tomatoes, halved
 200 g sliced button mushrooms
 Salt and pepper, to taste
 4 Tbsp roughly chopped, fresh basil

For the egg custard:

8 large eggs
 ¼ cup (60 ml) Milk or amasi or double cream yoghurt
 Salt and pepper, to taste
 ½ cup (125 ml) grated Cheddar cheese

These breakfast cups can be stored, covered, in the refrigerator for two days.



METHOD

1. Preheat the oven to 200°C. Grease a muffin tray with 3 Tbsp (45 ml) softened butter.
2. Add 2 Tbsp (30 ml) olive oil to a frying pan over

high heat. Add the onion and fry for 1-2 minutes to soften. Add the red pepper and tomato halves and continue to cook for a further 5 minutes until softened, stirring every few minutes.

3. Add the sliced mushrooms and cook for a further 5 minutes. Season with salt and pepper to taste. Remove from the heat and stir in the basil.
4. For the egg custard, in a medium bowl, combine the eggs, milk/or amasi/or yoghurt, season with salt and pepper and add the grated cheddar cheese. Whisk well to combine.
5. Add the cooked vegetables to the egg custard, whisk well and divide the egg mixture between the muffin tin.
6. Place the muffin tin into the oven to bake for 25-30 minutes, or until the egg mixture is set and golden on top.
7. Remove from the oven and allow to cool in the tin before unmoulding.

Nutrition Facts

Serving size: 2 muffins = 150 g

Energy (kJ)	1009
Protein (g)	11.5
Total Carbohydrates (g)	5.6
Fat (g)	19.4
Calcium (mg)	118

Using amasi



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