

INGREDIENTS

1. 1 tablespoon of B-well™ canola oil
2. B-well™ cooking spray
3. 1/4 cup diced red onion
4. 1 diced bell pepper
5. 3 diced peppadews
6. 6 eggs
7. 250 ml milk
8. 1/2 teaspoon salt
9. 1/4 teaspoon pepper
10. Fresh chopped herbs
11. 1/2 cup grated cheese

INSTRUCTIONS

1. In a frying pan, with the oil, saute the onions until semi-soft.
2. Then add the bell pepper and peppadews. Saute until cooked.
3. Spray a 6-place muffin tin and scoop spoonfuls of the vegetables into the tin.
4. Whisk the eggs in a jug and pour over the top of the vegetables.
5. Add the herbs and sprinkle the grated cheese on top of the egg mixture.
6. Bake for 10-15 minutes until the egg is cooked throughout.

*Credit: The CANSA Smart Choice Cookbook by B-well™ and CANSA.



Healthy Egg Muffins



6 servings



25 minutes

Egg yolks are one of the few foods that contain Vitamin D, which may help reduce the risk of some cancers. These egg muffins are naturally low in fat and gluten-free.

This recipe is perfect for a leisurely breakfast or for lunch boxes.

You can experiment with different fillings and seasonings.

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