



EGGY BROCCY MUFFINS

This month we will be sharing a few inspirations for back to school lunches on our blog. The purpose being to offer our readers a selection of healthy lunch options they can refer to on the blog for their kids. This one has come from one of our regular contributors Casey-Lee Lyons of [Live Love Nourish](#) who specialises in gluten and dairy free recipes. A simple frittata style healthy muffin recipe that is perfect for the school lunch box. Enjoy.

Ingredients:

6 large free range eggs

2 tablespoons of nut milk (or other plant based milk)

12 cherry tomatoes (quartered)

4-5 broccoli florets (chopped)

2 spring onions (chopped)

Pink Himalayan salt and black pepper to season

Method:

Pre-heat your oven to 180°C (fan forced).

Whisk the eggs and nut milk together in a medium size bowl.

Add the chopped tomatoes, spring onions, broccoli, salt & pepper and mix until well combined.

Spoon the mixture into muffin cases or a greased muffin tray.

Bake for 20-25 minutes in your pre-heated oven, or until lightly golden brown on the outside.

Enjoy!

Gluten Free | Dairy Free | Refined Sugar Free

To see more from Casey-Lee and Live Love Nourish visit [their recipe pages here](#).