EGG MUFFINS WITH VEGGIES & FRUIT



Easy Make-Ahead Mini Egg Muffins for Little Eaters

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These soft, savory egg muffins combine eggs, spinach, bell pepper, and mild cheese in convenient mini portions. Prepare a batch ahead of time and serve them with soft fruit for a simple breakfast, lunch, or snack.
Prep Time: 10 minutes
Cook Time: 15–18 minutes
Total Time: 25–28 minutes
Yield: About 6 mini muffins

YOU'LL NEED

- **3 large eggs**
- **2 tablespoons finely chopped bell pepper**
- **2 tablespoons finely chopped spinach**
- **2 tablespoons grated mild cheese**
- **1 teaspoon olive oil, for greasing the pan**
- **Soft fruit for serving, such as strawberries or blueberries**

ALL YOU HAVE TO DO

1. Preheat the oven: Set the oven to 350°F (175°C).
2. Prepare the muffin pan: Lightly grease a mini muffin pan with olive oil.
3. Prepare the vegetables: Wash the spinach and bell pepper. Finely chop both vegetables into small pieces.
4. Whisk the eggs: Crack the eggs into a medium bowl and whisk until well combined.
5. Add the vegetables: Stir in the chopped spinach, bell pepper, and grated cheese.
6. Fill the muffin cups: Divide the egg mixture evenly among the mini muffin cups, filling each about two-thirds full.
7. Bake: Place the pan in the preheated oven and bake for approximately 15-18 minutes, or until the centers are completely set.
8. Check for doneness: The egg muffins should not look wet or runny in the center. For a temperature check, the egg mixture should reach 160°F (71°C).
9. Cool: Remove the pan from the oven and let the muffins cool before carefully taking them out.
10. Serve: Offer an age-appropriate portion of egg muffin with properly prepared soft fruit on the side.

Toddler-Friendly Serving Tips

- Cut each muffin into smaller pieces if needed for your child's eating ability.
- Make sure the vegetables are finely chopped and soft after baking.
- Allow the muffins to cool to a comfortable temperature before serving.
- Keep your toddler seated upright and supervise closely during meals.

Fruit Safety

Fruit makes a lovely addition to these savory egg muffins, but prepare it according to your child's developmental eating skills.

- Strawberries: Remove the leafy top and cut into thin, manageable slices or smaller pieces.
- Blueberries: Avoid serving them whole to young children. Flatten or cut them into smaller pieces appropriate for your child's eating ability.
- Choose ripe, soft fruit and supervise your toddler while eating.

Easy Variations

- Cheesy Egg Muffins: Add a little extra grated mild cheese for a richer flavor.
- More Veggies: Try finely chopped, cooked broccoli or grated zucchini.
- Milder Version: Use spinach and cheese only if your toddler prefers simpler flavors.

Introduce ingredients and potential allergens according to your child's established feeding and allergen-introduction guidance.

Make-Ahead and Storage Tips

- Refrigerator: Cool the cooked muffins promptly and store them in an airtight container in the refrigerator at 40°F (4°C) or below. Use within 3–4 days.
- Reheating: Reheat until steaming hot throughout, then allow to cool to a comfortable serving temperature before offering.
- Make Ahead: Bake a batch in advance for convenient meals during the week. Prepare fresh fruit separately before serving.
- Freezing: For longer storage, freeze cooled muffins in a freezer-safe container. Thaw in the refrigerator and reheat thoroughly before serving.

A Little Mealtime Reminder

Small, colorful meals can make everyday eating feel more inviting. These mini egg muffins are easy to prepare, simple to portion, and a lovely way to introduce spinach and bell pepper alongside familiar flavors.

A little batch of goodness, ready for busy mornings and happy little appetites.