

HEALTHY COOKING

▶ BACON & EGG BREAKFAST MUFFINS



SERVES 2

INGREDIENTS

- ▶ 2 rashers middle bacon (100g)
- ▶ 2 eggs
- ▶ 1 Tbs grated parmesan cheese
- ▶ 1 tomato, diced
- ▶ Fresh parsley
- ▶ Lite Seasoner and pepper to taste

Lightly grease 2 rounds of a muffin tray. Place 1 bacon rasher inside each round, break 1 egg into each bacon lined round. Divide the tomato and parsley and sprinkle evenly on each egg. Add Lite Seasoner and pepper. Bake for 8-12 minutes in an oven at 150 degrees Celsius.

Each serving:

Protein: 14.5g | Carbohydrate: 1.8g

Tip: These keep well in the fridge for a day, so make a double batch for breakfast the next day - or a quick snack.