**Nutrition for Early Learning and Child Care**

**Veggie and Cheese Egg Muffins**  
Serves 10-12 children

**Ingredients**
- 6 eggs
- 1/2 cup milk
- 80 ml (1/3 cup flour)
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 small zucchini, diced
- 1 bell pepper, diced
- 3 green onions, diced
- 200g (2 cups) shredded cheddar cheese

**Directions**
1. Preheat oven to 175°C (350°F).
2. Whisk together eggs, milk, flour, salt and pepper in a large bowl.
3. Add diced zucchini, bell pepper, onions and half of the cheese; and mix well.
4. Spoon evenly into 12 greased muffin tins (about ¼ cup in each).
5. Sprinkle each with the remainder of the shredded cheese.
6. Bake for 20-25 minutes (or until eggs set).
7. Cool for 5 minutes before removing from cups.
8. Serve warm.

**Tips**
- Add any vegetables you have on hand: tomatoes, mushroom, celery, grated carrot, spinach.
- You could also add meat: leftover chicken or pork, ham, etc.
- Try using different cheeses; feta, parmesan, monterey jack, swiss.
- Add cubes of whole wheat bread for a savoury bread pudding.
- Serve as a snack or, with a glass of milk, a slice of toast and some fruit for a complete meal.
- Kids can help…whisk eggs, measure, cut vegetables, shred cheese, sprinkle cheese on top.

**Nutrition for Early Learning and Child Care is a Manitoba government initiative in partnership with Dietitians of Canada**