



BAKED EGG & SPINACH TEA CUPS

Great for breakfast, lunch or dinner

Ask mom to preheat your oven to 200 degrees C.

- 9 extra large eggs
- 1 packet finely chopped baby spinach leaves
- 2 tablespoons finely chopped chives
- 80 ml cream cheese
- 80 ml grated cheese
- salt & pepper to taste

Whisk all the ingredients together.

Grease 4 or 5 small round containers or muffin tins.

Pour in the ingredients and then bake for about 12 minutes.

Take out and place in a tea cup and serve with a little spoon.

Product Spotlight: Eggs

An Egg for Breakfast will make your day!

- It's a fact -- kids who eat a healthy breakfast do better in school!
- And what better way to begin the day than with a great-tasting, nutritious egg?
- They're an "eggsellent" source of protein, and the latest research confirms that an egg a day is heart OK!
- Eggs fit into a healthy, well-balanced diet.
- One large egg equals 70 calories, 4.5 grams fat (only 1.5g is saturated fat), and 213 milligrams of cholesterol.
- Egg whites are fat-free and cholesterol free.
- An egg is one of nature's most nutritious creations.
- Eggs are protein-rich, low in sodium, and contain a variety of vitamins and minerals.
- Eggs are inexpensive, delicious, and easy to cook.

Exquisitely simple, yet enormously complex, the egg is one of nature's marvels.

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