

# Frittata muffins



QUICK, EASY AND PRETTY AS A PICTURE, THESE LITTLE NUTRITIONAL POWERHOUSES ARE GREAT FOR A GRAB-AND-GO BREAKFAST OR A LIGHT SUMMERTIME DINNER.

## INGREDIENTS

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- 125 g rindless streaky bacon, coarsely chopped
- 4 extra-large eggs
- 200 ml [Spur Cheddameilt Sauce](#)
- 60 ml (¼ cup) milk
- Salt to taste
- 2 spring onions, chopped
- 125 ml (½ cup) grated Cheddar cheese



## METHOD

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1. Fry the bacon until lightly crisp and drain on paper towel.
2. Whisk the eggs, **Spur Cheddameilt Sauce**, milk and salt together. Add spring onions and cheese. Pour mixture into muffin pan or ramekins.



3. Bake in a preheated oven at 180°C for 15-20 minutes. Serve immediately.

## VARIATIONS

1. Substitute the bacon with sausages, such as cheese grillers or smoked viennas.
2. Substitute the spring onions with 45 ml (3 Tbsp) chopped fresh chives.
3. Add 50 g chopped sundried tomatoes and 10 ml (2 tsp) sugar.

## TIP

1. Dress with chives, cottage cheese and [Spur Sweet Chilli sauce](#) and serve as an entrée.