

Vegetable Muffins



 Serves: 12  Prep: 5 minutes  Cook: 30 minutes  [Stack Cup](#)

These muffins are a fantastic addition to your weekly meal prep. Make up a batch, wrap individually and freeze. Take one out in the morning and they'll be defrosted by lunch.

Metric

Imperial

ingredients

1 red capsicum

300 g

2 tomatoes

240 g

1 bunch basil leaves, chopped

16 g

1 bunch spring onions, green tops only	16 g
10 eggs	580 g
½ cup grated hard cheese (e.g. cheddar)	50 g
½ tsp salt	1 g

Method

Step 1

Preheat oven to 180°C/356°F.

Step 2

Rinse outer shell of eggs, crack into a large bowl and whisk. Chop the capsicum, tomatoes, basil and spring onion and mix into the whisked eggs. Add salt.

Step 3

Grate cheese and set aside.

Step 4

Spray muffin pans with non-stick spray. Pour mixture into the muffin tray.

Step 5

Sprinkle muffins with cheese.

Step 6

Place tray in the oven for 25-30 minutes.

Hints

- Muffins can be frozen to be enjoyed as an on-the-go breakfast for a couple of weeks. To defrost, place muffins in the

microwave for 30 seconds to 1 minute.

- You can swap the vegetables in this recipe for your favourite low FODMAP vegetables. Check the [Monash University Low FODMAP Diet app](#) for low FODMAP serving sizes.