## Match of the Day Kickabout

# Cupcake Omelettes







# **You will need**

- 4 Eggs
- 4 Tablespoons milk
- 4 Tablespoons grated cheese
- 2 Tablespoons chopped chives
- 1 Red pepper, chopped
- A pinch of salt and pepper

- Good for muscle repair
- Balance of protein, carbohydrates and fat
- · Easy to digest

#### Instructions

Serves 6 - we recommend having one for your breakfast and sharing the rest with your friends and family or keeping them in the fridge for up to 2 days

#### Step 1

Preheat the oven to 180C.

#### Step 2

Line a cupcake tin with paper cases.

#### Step 3

In a large jug beat the eggs with a whisk.

**Top Tip**: You can replace the chives and pepper with lots of other ingredients, such as ham, peas, sweetcorn or tomatoes.

## Step 4

Add the milk, cheese, chives, chopped pepper, salt and pepper and mix well.

## Step 5

Carefully pour the mixture evenly into the paper cases.

## Step 6

Put them in the oven and cook for 15 minutes, until the omelettes are golden on top.