

EGG CUPS

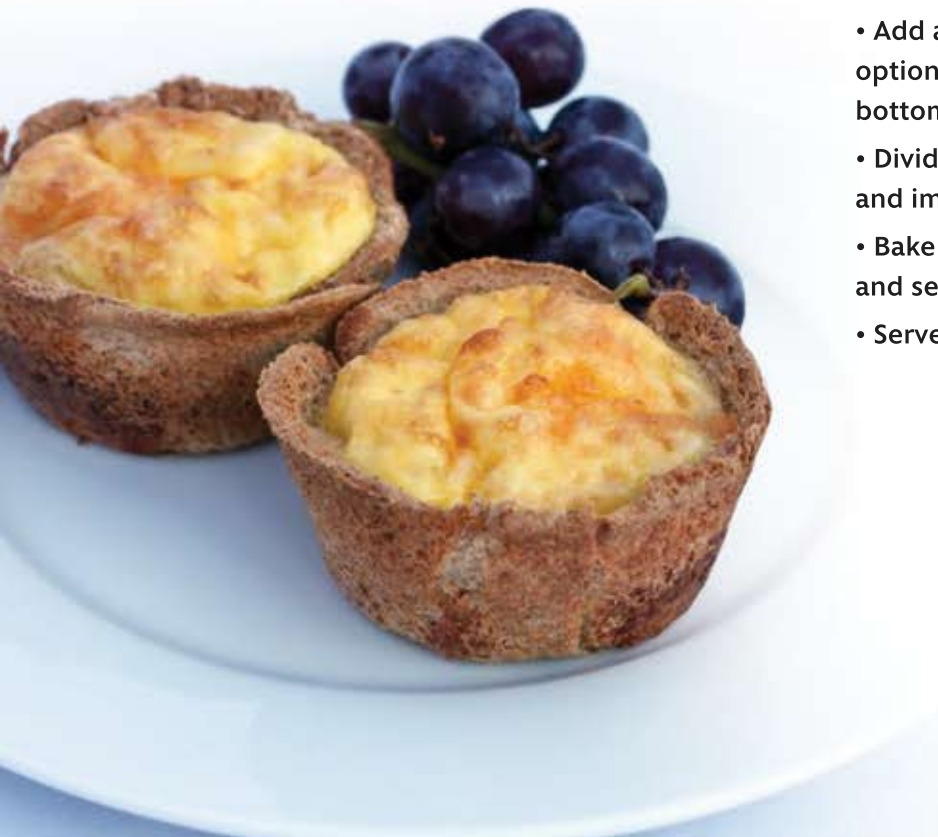
Serves: 6

Ingredients:

- Cooking spray
- 12 slices 100% whole wheat bread
- 8 eggs, beaten
- Optional fillings: shredded low-fat cheese, cooked veggies or salsa
- You'll need a knife or round cookie cutter

Directions

- Preheat oven to 400 degrees
- Lightly spray a 12 cup muffin tin with cooking spray
- Using a rolling pin, lightly roll the bread to flatten it
- Cut out a 4" circle using a knife or cookie cutter
- Repeat with the remaining 11 slices
- Fit the bread rounds into the muffin tins, pressing to ensure they go up the sides
- Add a teaspoon of your chosen optional filling (cheese veggies or salsa) to the bottom of each bread cup
- Divide the beaten egg between the bread cups and immediately place in oven
- Bake for 15-18 minutes until the eggs are puffed and set
- Serve hot with fresh fruit



The Mickey Check is a tool that makes it easier to identify nutritious choices in stores, online and while on vacation at Walt Disney Parks and Resorts. To learn more, visit DisneyMickeyCheck.com

ALWAYS wash fruits and veggies when preparing for cooking or eating.
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

Disney.com/tryit