



# Fuel Your *Magie*

## Minnie's Sweetheart Egg Cups

Serves: 6

### What You'll Need:

- Cooking spray
- 12 slices 100% whole wheat bread
- 8 eggs, beaten
- Optional fillings: shredded low-fat cheese, cooked veggies or salsa
- A rolling pin, heart shaped cookie cutter, muffin tin

### How to Make It:

1. Preheat oven to 400 degrees.
2. Lightly spray a 12-cup muffin tin with cooking spray.
3. Using a rolling pin, lightly roll the bread to flatten it.
4. Cut bread slices with a heart-shaped cookie cutter.
5. Fit the bread rounds into the muffin tins, pressing to ensure they go up the sides.
6. Add a teaspoon of your chosen optional filling (cheese, veggies or salsa) to the bottom of each cup.
7. Divide the beaten egg between the bread cups and immediately place in the oven.
8. Bake for 15 – 18 minutes until the eggs are puffed and set.
9. Serve hot with fresh fruit.

### 230 Calories

Nutritional Info: 9g Total Fat, 80 Total Calories from Fat, 2.5g Saturated Fat, 280mg Cholesterol, 360mg Sodium, 24g Total Carbohydrates, 4g Dietary Fiber, 4g Sugars, 16g Protein

