



HEGGY POTS

SO EASY - SO DELICIOUS!

Chuck a slice of ham into a muffin tray, fill it with an egg, and bake - how easy is that?! These Heggy Pots can include a slice of tomato at the base, underneath the egg, or a couple of slices of spinach. The sprinkle of seeds on the top feed your child's intelligence! Makes 6 Heggy Pots.



Ingredients

A muffin tray, greased with a little olive oil
6 large slices of ham
6 eggs
Mixed seeds
Tomato slices/spinach optional additions



Method

Once you've greased the muffin tray with a little olive oil, line each compartment with a slice of ham. You will need to fold the ham round on itself if it's too big,

If you're adding tomato or spinach, put them into the base before the egg goes in. .

Crack an egg into each ham pot, to make a 'Heggy Pot'

Sprinkle with mixed seeds then bake in an oven at 160 degrees celsius for around 20 minutes. Keep an eye on the Heggy Pots to prevent the ham burning too much. !



These are always a hit with the children and parents at our workshops. Try to limit these to once per week, as we don't want our children eating too much processed meat. Add in a smoothie or piece of fruit to increase their antioxidants.