

# 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](http://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.

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