

1. Crack the eggs

- Crack the eggs into the mixing bowl carefully.
- Tap the egg on the side of the bowl and pull the shell apart.
- Look for any shell that has fallen in and remove it.



2. Add the vegetables

- Add the prepared vegetables to the mixing bowl.
- Tip them in slowly so they do not spill.



3. Add cheese and flour

- Add most of the grated cheese to the bowl.
- Add the flour.
- Save a little cheese for the top later.



4. Fold the mixture

- Use a spoon to fold the mixture together.
- Scoop from the bottom and turn it over gently.
- Stop when everything is mixed together.



5. Fill the muffin cases

- Spoon the mixture into the muffin cases.
- Try to put the same amount in each one.
- Sprinkle the extra cheese on top.



6. Bake

- An adult will put the tray into the oven.
- The oven is very hot. Do not touch it.
- Wait while the muffins are cooking.



7. Cool and taste

- Leave the muffins to cool for a few minutes.
- Take one muffin and have a taste.
- Talk about the smell, taste and texture.



8. Clean up

- Tidy up your space.
- Throw rubbish in the bin.
- Wash your hands.

