

Mini egg muffins

KS2 | Home cooking



Age: 7-10

Time: 20–30 minutes

Adult support: Required throughout

Why do this recipe at home?

Children learn:

- to make a healthy snack and explore healthy eating.
- to weigh and measure out ingredients accurately.
- learn practical cooking skills, such as grating, mixing and folding.

Important information

- An adult must stay with the child at all times.
- Adults should do, or closely supervise, any chopping with sharp knives and all oven use.
- Encourage handwashing before and after the activity.
- Make sure your child has no allergies to any of the food before starting.

Curriculum link:

Design & Technology – Cooking and Nutrition

Use the basic principles of a healthy and varied diet to prepare dishes.

Ingredients (makes 1 tray):

- 5 large British Lion eggs
- 1 medium carrot
- 1 medium courgette
- 1 pepper
- 75g cheddar cheese
- 75g self-raising flour
- 1 tsp sunflower or vegetable oil
- (Optional) herbs

Equipment:

- Mixing bowl
- Fork or whisk
- Grater
- Chopping board
- Knife
- Muffin tin and cases
- Measuring scales
- Spoon
- Plate or napkin
- Apron (optional)



Let's make mini egg muffins!

Step 1: Prepare

- Preheat the oven to 190°C (170°C fan/gas mark 5)
- Line the muffin tin with the cases.
- Wash hands and tie back hair.

Talking points

"Why do we need to preheat the oven before putting food in?"

Step 2: Prepare the vegetables

- Wash the carrot, courgette and pepper.
- Peel the carrot and trim the two ends off both the carrot and courgette.
- Grate the courgette and carrot.
- With adult help, chop the pepper into small pieces.

Talking points

"Why do we cut vegetables into small pieces?"

Step 3: Weigh the ingredients

- Use the scales to weigh out 75g cheese and flour.

Talking points

"What does 75g mean?"
"Why is it important to measure accurately?"

Step 4: Crack the eggs

- Crack the eggs carefully into the mixing bowl.
- Tap the egg on the side of the bowl and pull the shell apart with your fingers.
- Look for any shell that has fallen into the bowl and remove it with your fingers or another piece of egg shell.

Talking points

"Why must we check for shell pieces in the mixture?"

Step 5: Mix

- Use a fork or whisk to mix the eggs together.
- Add the vegetables, cheese and flour.
- Add the oil and the herbs, if using.
- Use a spoon to fold the ingredients together.

Talking points

"How do the eggs change when you whisk them?"

"What does folding mean?"

Step 6: Fill the muffin cases

- Spoon the mixture into the muffin cases.
- Try to put the same amount into each one.

Talking points

"Why do you think it's important to fill the cases evenly?"

Step 7: Bake

- Ask an adult to put the tray in the oven.
- Bake at 190°C (170°C fan/gas mark 5) for 15 – 20 minutes.
- Once baked, leave the muffins to cool for 5 minutes.

Talking points

"What do you think the heat will do to the egg?"

Finish

- Talk about the taste, texture, and smell of the muffins.
- Tidy up and wash hands. Try a muffin.
- Discuss the taste, texture and appearance.
- Tidy up and wash hands.

Talking points

"What do you like about them?"

"What would you change next time?"

Learning extension

Cooking & Nutrition

- Children could sort the ingredients into food groups (protein, vegetables, dairy, grains)

Science

- Write or explain what heat does to the egg and why it sets.

Parent tip

Cooking with your child is about learning, talking and trying, not making something look perfect. The most important part of this activity is the process.

- Let your child touch, smell and look closely at the ingredients.
- Talk about what changes as you cook: colour, texture and smell.
- Ask open questions like:
- “What do you notice?” or “What do you think will happen next?”
- Let your child choose vegetables, herbs or how full to fill the cases.
- Ask why they made those choices.
- Encourage them to think about what they might change next time.

Remember, KS2 learning is about confidence, curiosity, and skill-building. The goal is to enjoy cooking together, explore flavours, and develop independence, not to create a perfect bake.