

Frittata Muffins

Sunflower oil

12 Eggs

8tbs milk

160g mature cheddar cheese grated

4 tomatoes

12 spring onions

400g cooked cold potatoes

8tbs basil

8 slices of thick ham

Line a cake tin with paper cases

Beat the eggs and milk together in a bowl, stir in the other ingredients. Spoon the mix evenly into the cake cases and bake for 15/20 mins until set and risen