

## Breakfast Bakes

**Servings:** 1

**Prep Time:** 5min

**Cook Time:** 10min

### Ingredients

- 2 tbsp olive oil, plus extra for greasing
- cheddar, grated, or feta, crumbled, to sprinkle
- ½ onion, peeled and chopped
- 2 handfuls baby spinach
- 2 free-range eggs
- 2 tbsp full-cream milk
- salt and milled pepper, to taste

### Directions

1. Preheat the oven to 180°C. Grease a pair of ramekins.
2. Quickly sauté the onion and spinach in the hot oil, then divide the mixture between the ramekins.
3. Using a balloon whisk if you have one, whisk up your eggs till fluffy.
4. Add the cheesy mix and a little milk. Pour into the ramekins, stir the contents and season.
5. Bake for 10 minutes or until risen. Serve immediately.

