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# THE CrossFit *kitchen* K I D S

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Sweet Cheeks Headquarters

## BREAKFAST CUPCAKES

by Shirley Brown and Alyssa Dazet  
Sweet Cheeks Headquarters

### overview

Most kids I know love eggs. And most kids I know love cupcakes. So why not combine the two into a delicious breakfast meal? This breakfast is full of protein, fat and carbs and makes a balanced meal.

**4-6 kid servings**

### ingredients

8-9 eggs  
2 small tomatoes  
1 avocado  
1-2 spoonfuls of pre-made salsa  
Sprinkle of lime juice  
Salt and pepper to taste

### notes

*Serve the eggs warm.*

### directions

1. Preheat oven to 350 F.
2. Coat a muffin tin with cooking spray or butter.
3. Beat eggs, salt, pepper and a bit of water in a bowl until well beaten.
4. Fill each egg cup  $\frac{2}{3}$  full and bake for 15-17 minutes, until the eggs are firm.
5. While the eggs are baking, slice the tomatoes into rings, making sure to remove the cores.
6. Core an avocado and put it into a small bowl. Mash it up with a fork up and add salt, salsa and lime juice.
7. When the eggs are cooked, remove them from the pan and plate each egg on top of a tomato slice. Top with guacamole frosting.