

Egg “Muffins”

Ingredients:

- 12 eggs
- Salt and Pepper
- 12 tsp shredded cheese
- Meats (like ham, bacon, sausage, etc) (*OPTIONAL*)
- Vegetables (like tomatoes, onions, peppers, broccoli, etc) (*OPTIONAL*)

Directions:

1. Preheat oven to 350°F.
2. Spray nonstick cooking spray into a standard muffin tin.
3. In a small bowl, beat 12 eggs and add salt and pepper to taste.
4. Pour mixture evenly into muffin tin.
5. Add 1 tsp cheese to each cup.
6. Add small pieces of meats and/or veggies to cups if you choose. Slightly stir so meats and veggies are covered by egg mixture.
7. Bake for 20 minutes.
8. Let cool in tin before removing. Can refrigerate unused muffins to be re-heated.

For Our Program:

Nutrition Information:

Servings = 12

Carbohydrates per serving = 1g