Egg Muffins
12 Servings • 1 Serving = 1 Egg Muffin

INGREDIENTS
• 12 eggs
• ¼ teaspoon salt
• ½ teaspoon black pepper
• ½ Tablespoon extra virgin olive oil
• 1-2 cups vegetables, chopped (red bell pepper, green bell pepper, onion, spinach, mushrooms)
• Optional: ¾ cup mozzarella or cheddar cheese, shredded

DIRECTIONS
1. Preheat oven to 350°F. Spray a 12-cup muffin tin well with cooking spray.
2. In a large bowl, beat the eggs well. Season with salt and pepper and set aside.
3. Heat a large skillet over medium heat. Add oil and vegetable. Let brown, then drain any excess oil. Divide the vegetables between the 12 muffin cups and add a sprinkle of cheese. Pour the beaten eggs over the vegetables to fill the cups ¾ of the way.
4. Bake for 20 minutes or until eggs are fully cooked. They should be set when removed from the oven.
5. Let cool for a few minutes, then use a knife to loosen the edges before popping the muffins out.
6. Cool and store in the refrigerator for up to 3 days or freeze and reheat in a microwave or toaster oven.

Nutrition Facts
12 servings per container
Serving size 1 egg muffin
Amount per serving
Calories 80
% Daily Value
Total Fat 5g 6%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 185mg 62%
Sodium 125mg 6%
Total Carbohydrate 1g 0%
Dietary Fiber 0g 0%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 7g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 1mcg 6%
Calcium 34mg 2%
Iron 1mg 6%
Potassium 90mg 2%