

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	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 90mg	2%

*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.

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