

EASY BREAKFAST EGG MUFFINS

- 6 eggs OR even healthier: 4 egg whites and 3 whole eggs
 - 1/2 cup cooked veggies (mushrooms, chopped broccoli, cauliflower, kale, spinach or peppers)
 - 1/3 cup crumbled cooked protein: (bacon, ham, breakfast sausage, chicken, chorizo, ground beef)
 - 1/3 cup shredded cheese (cheddar, monterey Jack, swiss, mozzarella, fontina, pepper jack, feta)
 - Salt and pepper to taste
 - Olive oil or cooking spray
1. Preheat the oven to 375 degrees. Coat 6 cups of a muffin tin with cooking spray or line with paper liners.
 2. Crack the eggs into a large bowl. Wisk the eggs until smooth, this will take less than a minute.
 3. Add veggie of choice (and meat if desired) and cheese to the egg mixture and stir to combine.
 4. Divide the egg mixture evenly among the muffin cups.
 5. Bake for 15-18 minutes or until eggs are set.
 6. Serve immediately or store in the refrigerator until ready to eat. In the morning, simply reheat in the microwave for 15 seconds. These can be kept frozen up to two months.