

Egg Muffins

Category: Breakfast/snack

Serves: 12 muffins

Ingredients:

12 eggs

¼ cup almond milk

Real salt - TT

Black pepper - TT

Garlic powder - TT

Onion powder - TT

1.5 cup spinach, chopped

½ bell pepper, diced

Optional:

3 slices bacon or turkey bacon, precooked, chopped

⅓ cup shredded cheese or non-dairy shredded cheese

Method of Preparation:

1. Preheat oven to 375F.
2. Using cooking spray, spray a muffin tin pan and inside all 12 cups.
3. In a large bowl whisk together eggs, milk, and seasonings.
4. At the bottom of each muffin tin place spinach, bell pepper and optional bacon and/or cheese.
5. Pour egg mixture over top, evenly.
6. Bake for approximately 20-30 minutes (until the center of egg muffin is not jiggly).
7. Wait until fully cooled, to remove.
8. Keep for up to four days in the refrigerator.