



BREAKFAST EGG MUFFINS

PREP TIME: 15 MIN **BAKE TIME:** ~20 MIN **TOTAL TIME:** ~35 MIN

Ingredients

- 12 eggs
- 1/2 cup of milk of choice
- 1 cup finely chopped smoked salmon, turkey, chicken, ham, crab or protein of choice
- 1 cup of chopped vegetables of choice (spinach, peppers & mushrooms are our favourites)
- 1/2 cup shredded cheese of choice
- 1/4 cup finely chopped green onion or chives
- 1/4 tsp salt
- 1/4 tsp black pepper (optional)

Topping choices:

- Avocado slices
- Caramelized onion
- Fresh herbs
- Favourite dip
- Tomato slices
- Feta & dill
- Hot sauce
- Salsa
- Chopped olives
- Crush red peppers
- Mayo
- Mustard

Directions

1. Preheat oven to 400°F. Spray a mini or regular muffin pan with cooking spray
2. Whisk eggs with milk & spices of choice until combined
3. In a separate bowl, mix together protein, vegetables, cheese & green onion/chives
4. Divide this mixture evenly between the cups of the greased muffin pans
5. Pour egg mixture over top until cups are almost full
6. Bake for 15 to 20 minutes or until toothpick comes out clean & golden on top
7. Enjoy them a few minutes out of the oven or freeze them in an airtight container or baggie for a quick breakfast on the go

