

Breakfast Egg Muffins

Easy to make, freezer-friendly and completely customizable, these healthy egg muffin cups are the perfect grab-and-go breakfast!



You will need:

- Eggs
- Salt and Pepper
- Onion Powder
- Garlic Powder
- Cayenne
- Diced ham
- Green onion
- Shredded cheese

How to make:

1. Start by preheating your oven to 375 degrees and spraying a 12 count muffin pan with non-stick spray.
2. Crack your eggs into a medium-sized mixing bowl or a large measuring cup, add spices and whisk to combine.
3. Turn your attention to the muffin pan and start layering your ingredients in the pan, leaving a bit of the ingredients off to the side to top your egg muffin cups at the end.
4. Carefully pour your whisked eggs into the muffin tins about halfway, let settle and then add a little more.



5. You want your muffin tins filled almost all the way to the top. Once your muffin tins are filled, take a fork and lightly stir each of the muffin tins to mix everything together.
6. Top with reserved ingredients and bake for 25 minutes. Remove from the oven and let sit in the muffin tin for 1-2 minutes.
7. Run a sharp knife around the edge of the muffin tins and gently remove from the pan, using the tip of the knife under the muffin gently lift it out.



STORE AND FREEZE EGG MUFFINS

These little low-carb Breakfast Egg Muffins can stay in your refrigerator for up to a week and are also 100% freezer friendly.

To reheat, unwrap them from the plastic wrap and wrap them in a damp paper towel. Heat in the microwave in 15-second increments until warmed through.