

Versatile Egg Muffins by Lynn's Recipes



Lynn demonstrates how to make a super easy Egg Muffin that is versatile and great for a quick breakfast or even to use for brunch. You can store these in the refrigerator for up to 3-4 days. Just pop in the microwave and warm.

Ingredients:

- 6-12 eggs, (you will use one egg per muffin cup, so you can use as many or few as you would like)
- Vegetables, use whatever vegetable you would like.

Suggestions:

Spinach, Broccoli, Carrots, Tomatoes, Bell Peppers

- Meat, use whatever meats you would like.

Suggestions:

Ham

Chicken

Cooked bacon

- Cheese, your favorite kind, shredded
- Milk

Preheat oven to 425°.

Spray muffin tin with cooking spray. Fill with your vegetables and meat. Set aside.

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In blender, place eggs and a splash of milk. Blend. Pour directly into the muffin pan to just below the rim.

Top with shredded cheese.

Bake for approximately 20 minutes. Let cool before removing from the pan. Serve or store in refrigerator and place in microwave to heat before serving.

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