

# t Egg Muffins



## Ingredients

12 Eggs (full or just Whites)

S and P

1 Tablespoon water or milk

Veggies such as:

Pepper, broccoli, kale, spinach, potato, onion

Cheese: mozzarella, Cheddar, blends

Meats: Turkey bacon, sausage, ham

WHATEVER YOU LIKE 😊

## Utensils

Bowl

Spoon or Fork

Cooking Spray

Muffin Tin

Table Spoon



# Recipe Instructions

### Step 1: Pre-heat/Spray

Pre- Heat Muffin to 375 degrees

Spray Muffin Tin well

### Step 2: Chop

Pick whatever ingredients you would like. Wash and cut veggies, cut meats if you want to use them

**\*\*If you have Prepped to Prepare skip to step 4\*\***

### Step 3: Eggs

If doing just egg whites, separate yolk from white by cracking egg and gently rolling yolk between shells to pull away white into a bowl... do for all 12 eggs. If whole egg, crack into bowl.

Check for shell, add S and P and water or milk , mix well with fork

### Step 4: Pour and top

Pour egg mixture into muffin tins, don't fill more than halfway

Add toppings

\*you do not have to pre-cook bacon\*

### Step 5 Bake

Place in oven for 15-18 minutes, pull an cool for about 5 minutes. If freezing, let cool for a bit longer before wrapping and storing.

### Step 6: Enjoy

Enjoy!

Suggestions: Serve on a bagel or muffin!



Scan this QR code with your phone for an instructional video on how to make this recipe.

**Kitchen Safety Tips:** Always use hot pad or pot holder when using the stove. Clean surface after raw foods such as eggs or meat are on there to avoid cross contamination.

S and P- Salt and Pepper