

Easy Egg Muffins

Ingredients

1. 3 cups of mixed vegetables (Suggestion: onions, bell peppers and spinach)
2. 6 Eggs

Note: You can get creative, by adding a little cheese, pre-cooked bacon bits, sausage, even broccoli.

Breakfast is a great way to get some veggies!

Instructions

1. Prep a cupcake pan (12 spots) with cooking spray.
2. Preheat the oven to 350 degrees.
3. Dice your choice of vegetables (3 cups)
 - If using frozen veggies, measure, then cook them quickly to remove the excess liquid frozen veggies contain. You don't want watery egg muffins.
 - You can slightly cook down fresh veggies if you like them less crisp, too.
4. Beat eggs in a bowl, season with black pepper and then mix in your vegetables.
5. Pour the egg and vegetable mixture into your prepared baking pan.
6. Bake at 350 for 15 minutes, or until eggs are cooked through.
7. Store in the fridge and heat up in the microwave for about 30 - 60 seconds (depending on your microwave) when ready to eat.

