

Breakfast Egg Muffins 3 Ways

Breakfast Egg Muffins 3 Ways are low carb, filling and quick to grab while running out of the door! Spinach Tomato & Mozzarella, Bacon & Cheddar AND Garlic Mushroom & Peppers! Protein packed eggs muffins are just like mini frittatas, can be cooked ahead of time and refrigerated for when you need them to grab and go!

Ingredients

BASE:

- 12 large eggs
- 2 tablespoons finely chopped onion
- Salt and pepper, to taste

TOMATO SPINACH MOZZARELLA:

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese

BACON CHEDDAR:

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

GARLIC MUSHROOM PEPPER:

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, (capsicum), diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic

Instructions

1. Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 20 minutes.
6. Serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.
7. Enjoy!

