

Breakfast Egg Muffins 3 Ways

Breakfast Egg Muffins 3 ways are low carb, protein packed, and filling and quick to grab while running out the door! These are just like mini frittatas, can be cooked ahead of time and refrigerated for when you need them to grab and go.

12 Servings

INGREDIENTS

BASE:

- 12 large eggs
- 2 tablespoons finely chopped onion
- Salt and pepper, to taste
- Additional spices of your choice

TOMATO SPINACH AVOCADO:

- 1/4 cup fresh spinach, roughly chopped
- 8 cherry tomatoes, halved or quartered
- 1/4 cup chopped avocado

BROCCOLI BACON WITH GOAT CHEESE:

- 1/4 cup cooked bacon, chopped
- 1/4 cup chopped broccoli
- 1/4 cup shredded goat cheese, cheddar cheese, or vegan cheese

GARLIC MUSHROOM PEPPER:

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

INSTRUCTIONS

1. Preheat oven to 350°F. Lightly spray a 12-cup capacity muffin tin with 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.

Serve or store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.

Tip: Sometimes I like to bake them until they are still a little wet on top, so when you reheat them they stay nice and moist

