

SCRAMBLED EGG BREAKFAST MUFFINS

Ingredients:

12 eggs

¼ cup milk or non-flavored dairy alternative

Salt & pepper to taste

Any of the following items or combinations: diced onion, bell pepper, tomatoes, spinach, mushrooms, kale, shredded cheese

If you are interested in adding meat, make sure it is cooked and cut into small pieces: ham, sausage, bacon

Instructions:

1. Preheat oven to 350 degrees.
2. Spray a 12-cup muffin pan with non-stick cooking spray (the heavier you spray, the less it will stick).
3. In a large mixing bowl, beat eggs with a whisk. Pour in milk and whisk until fully combined.
4. Scoop 1/3 cup of mixture into each muffin tin.
5. Create your own mix of flavors by adding veggies, cheese and/or meat. Be careful to not overfill as the muffins will rise during the cooking process.
6. Bake for 20-25 minutes or until the center of the muffin is completely cooked.