

## Egg Muffins

This great breakfast recipe freezes well, lasts 3-4 days in sealed container in the fridge and is wonderful for rushed mornings. They can be microwaved for a quick, high protein breakfast.

### Ingredients:

All optional except the eggs!!!!

Onion, Mushroom, Spinach, Bell Pepper, Turkey Sausage (ground), Turkey Bacon (pieces), ½ cup Feta or 1/3 cup Parmesan cheese

- Preheat oven to 350 degrees
- Oil 12-hole muffin tin with avocado oil
- Sautee veggies until soft in avocado oil
- Add COOKED turkey sausage or Turkey bacon to pan
- Whisk up 12-14 eggs (depending on size) with salt, pepper and whatever other seasoning you like on your eggs. I use paprika or oregano.
- Add cheese to eggs and mix and stir.
- Scoop a small amount of veggies/meat mixture into each section of muffin tin
- Use a small ladle to fill each section with egg mixture about ¾ of the way full. Egg muffins will expand as they cook.
- Cook for 18-25 minutes, depending on your oven. I like mine just a little under done, as they continue to cook in the tin. Let cool and enjoy.

Serving size: 2 muffins