



Egg Muffin Recipe

This will make 10 to 12 full size egg muffins

Ingredients:

12 large eggs

1/4 cup milk

Any type of shredded cheese: 1- to 1 ½ cup

Any type of fresh deli meat: Ham, Roast Beef, Turkey, Chicken, Bacon Sausage, Steak, etc.

Fresh Vegetables: Mushrooms, Onions, Green Peppers, Red Peppers, etc.

Season with **any** salt free **or** low sodium seasoning this will be a trial and taste with your seasoning.

Preheat oven to 350.

Combine eggs and milk (or water) in bowl and mix well.

Grease each muffin tin with melted butter. Add your chopped, meat, veggies, cheese, and seasoning and add in equal amounts to each muffin cup. Pour egg mixture into muffin tin to about 1/4 inch of the top edge.

Bake for 20 to 25 mins until firm (cooking time depends on amount of ingredients in mixture; DO NOT overcook).

Pull from oven, set to cool and remove from tin. Place in an airtight container and place in fridge. These will keep for around one week. When ready to eat remove number wanted and place in microwave for approximately 30 seconds. Enjoy by themselves or with **sour cream** salsa **hot** sauce, **etc.**