

Egg Muffins (Copy)

Healthy Breakfast Egg Muffins. Easy, low carb, and freezer friendly, these healthy egg muffin cups are the perfect make ahead breakfast. Add spinach, or any favorite veggie.

🕒 Preparation 15 minutes 🕒 Total 40 minutes 12 portions

Ingredients

or	or
1 cup lightly packed baby spinach — chopped (30 g)	pinch Himalayan Salt
or	or
3/4 cup finely diced red bell pepper — about 1 small pepper (80 g)	1/4 teaspoon Dried Basil
or	or
3/4 cup finely diced green bell pepper — about 1 small pepper	1/4 teaspoon Dried Oregano
or	or
3/4 cup quartered cherry tomatoes — or grape tomatoes, about 1 cup whole tomatoes	Pinch ground black pepper — or cayenne pepper if you like a little kick!
or	or
6 large units of egg, whole, raw, fresh (300 g)	1/4 cup crumbled feta cheese [Optional] plus additional to sprinkle on top
or	
3/4 cup of egg, white, raw, fresh (182 g)	

Cooking method

- 1
Preheat oven to 350 degrees F.
- 2
Grease a standard non-stick 12-slot muffin pan with cooking spray and set aside.
- 3
Divide the spinach, red bell pepper, green bell pepper, and tomatoes among the cups (they will be about two-thirds of the way full).
- 4
In a large bowl or large measuring cup with a spout, briskly whisk together the eggs, egg whites, salt, basil, oregano, and pepper until well combined.
- 5
Carefully fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the feta evenly over the tops of the cups.
- 6
Bake for 24 to 28 minutes, until the egg muffins are set. Let cool for a few minutes, and then run a butter knife around the edges of each muffin to loosen it. Remove them from the pan and enjoy immediately, or let cool on a wire rack and refrigerate or freeze for later (see notes for more details).
- 7
NOTE- Store leftover egg muffins in an airtight container or ziptop bag in the refrigerator for up to 3 days or individually wrap and freeze for up to 3 months. Reheat gently in the microwave [once thawed or directly from frozen] until hot and warmed through to the center, about 30 seconds (from thawed) or 1 or so minutes (from frozen), depending upon your microwave.