



Anything Egg Muffins

Prep time: 10 min

Cook time: 35 min

Makes 12 muffins

INGREDIENTS

- Cooking spray or oil
- 2-3 vegetable fillings such as peppers, onion, spinach, broccoli, etc.
- 6 large eggs
- 3 tablespoons milk
- 1/4 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt to taste
- Freshly ground black pepper
- 1/2 cup shredded cheese (such as cheddar, Swiss or mozzarella)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Preheat oven to 350° and grease a 12-cup muffin tin with cooking spray or oil.
2. Preheat skillet over medium heat and grease with oil or cooking spray. Sauté vegetable fillings in skillet and cook until soft, about 3-5 minutes.
3. In a small bowl, whisk eggs, milk, paprika, and garlic powder and season with salt and pepper. Fold in vegetable fillings and shredded cheese.
4. Pour mixture evenly into muffin cups.
5. Bake until cooked through and golden, 30 to 35 minutes.
6. Let cool, then store in the fridge in an airtight container until ready to eat.