

EGGINS (Egg Muffins)

Think of this as an omelette on the go! Thanks Ursula for sharing this wonderful tidbit too!

Ingredients

- Roughly 1 egg per muffin (or egg white)
- Extras: meats, vegetables, salsa cheese.
- Salt & pepper to taste

Directions

1. Preheat oven to 350°
2. Whisk together eggs /egg whites & salt/pepper in to bowl
3. use silicone muffin liner or paper liners sprayed with non stick placed into a muffin pan
4. Divide egg mixture based on how many liners you used into muffin pan.
5. Top egg mixture with your extras (if you like)
6. Bake for 25 minutes.
7. Make a batch once a week, store, refrigerate and reheat as needed

Toss them on a sandwich or a wrap for a quick meal.

Mmmmmm Enjoy 😊