

Time Saver Trio

Egg Muffins



12 servings



35 minutes

INGREDIENTS

BASE:

- 12 large eggs
- 2 TBsp finely chopped onion (red, white, or yellow)

TOMATO SPINACH MOZZARELLA:

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup mozzarella cheese

BACON CHEDDAR:

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

GARLIC MUSHROOM PEPPER:

- 1/4 cup sliced mushrooms
- 1/4 cup red bell pepper, diced
- 1 TBsp fresh chopped parsley
- 1/4 tsp garlic powder or 1/3 tsp minced garlic

DIRECTIONS

1. Preheat oven to 350°F. Lightly spray a 12-cup muffin tin with nonstick oil spray.
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 15-20 minutes, until set.
6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.
7. Enjoy!

NOTES

Pack them into airtight containers and keep them in the refrigerator for up to 5 days. Make a batch in advance and then heat them up in the microwave (usually 10-15 seconds is enough) when ready to eat!

Freezer: Let the egg muffins cool completely, then wrap individually in plastic wrap and pop them in a freezer-safe zip-lock bag. They will last for up to 2 months.

To reheat, unwrap from the plastic wrap and fold them in a damp paper towel. Heat in the microwave in 20 second increments until warmed through.

Breakfast in no time!

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