

EGG MUFFINS (EASY BREAKFAST MEAL PREP!)

★★★★★

COURSE: BREAKFAST CUISINE: KETO, LOW-CARB

KEYWORD: EGG MUFFINS PREP TIME: 15 MINUTES

COOK TIME: 25 MINUTES TOTAL TIME: 40 MINUTES

SERVINGS: 12 MUFFINS CALORIES: 91KCAL AUTHOR: MEGAN GILMORE



These Egg Muffins are a quick and easy breakfast on-the-go. They are protein-packed and perfect for those following a low-carb or keto diet.

INGREDIENTS

EGG MIXTURE:

- 12 large eggs
- 1 teaspoon salt
- 1/4 teaspoon black pepper

BROCCOLI CHEDDAR:

- 1 1/2 cups broccoli florets, finely chopped
- 1/4 cup shredded cheddar cheese

SUN DRIED TOMATO + SPINACH:

- 1/4 cup sun dried tomatoes, finely chopped
- 1 cup fresh baby spinach, chopped
- 1/4 cup chevre (soft goat cheese)

BELL PEPPER + ONION:

- 1 red bell pepper, finely chopped
- 1/4 red onion, finely chopped
- 1/4 cup crumbled feta cheese

MUSHROOM +

INSTRUCTIONS

1. Preheat the oven to 350°F and line a 12-cup muffin tin with silicone or paper liners. (Or grease the cups very, very well to prevent sticking.)
2. In a large bowl, beat together the eggs, salt, and pepper, then set it aside.
3. Fill the 12 muffin cups with your fillings of choice. If you'd like to make all 4 variations in one pan, use only 1/4 of what is called for above for each filling option. I like to fill each muffin cup nearly to the top with veggies, so consider the quantities above a suggestion. You can use as much or as little as you'd like to.
4. Pour the egg mixture over the top of the veggie fillings, filling each muffin cup. Place the pan in the oven to bake until the eggs are fully cooked, about 20 to 25 minutes. You'll know they are done when the centers have risen out of the pan. The egg muffins will puff up quite a bit when they are in the oven, but they will shrink down as they cool.
5. Allow the muffins to cool for at least 5 minutes before serving them warm. Leftovers can be stored in the fridge in an airtight container for 3 to 5 days. Serve them warm or cold. I like to reheat them in the oven at 350°F for 8-10 minutes when I want to serve them again.

GORGONZOLA:

- 1 cup mushrooms , finely chopped
 - 2 tablespoons fresh thyme leaves , chopped
 - 1/4 cup gorgonzola crumbles
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NUTRITION

Calories: 91kcal | Carbohydrates: 1g | Protein: 7g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 189mg | Sodium: 274mg | Potassium: 99mg | Fiber: 1g | Sugar: 1g | Vitamin A: 354IU | Vitamin C: 10mg | Calcium: 47mg | Iron: 1mg

<https://detoxinista.com/egg-muffins/>