

Breakfast Egg Muffins

Jacob · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

12

Description

This breakfast egg cup recipe is a terrific weekday dish that can be made on the weekend since it lasts a week in the fridge These egg muffins are a great way to add extra veggies to your diet You can use any meat and change the spices or vegetables

Ingredients

- - cooking spray - 9 large eggs - 4 cups egg whites - 1 pound turkey ham
- diced - 2 cups chopped spinach - 2 red bell peppers
- diced - 2 green bell peppers
- diced - 2 fresh jalapeno peppers
- seeded and diced - 1 tablespoon minced garlic - 1 tablespoon Italian seasoning - 2 teaspoons onion powder - ¼ teaspoon cayenne pepper - salt and ground black pepper to taste

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Grease 24 muffin cups with cooking spray. Beat eggs in a large bowl. Beat in egg whites until smooth. Stir in turkey ham
2. spinach
3. bell peppers
4. jalapeño peppers
5. garlic
6. Italian seasoning
7. onion powder
8. cayenne pepper
9. salt
10. and black pepper. Ladle egg mixture into the prepared muffin cups
11. about 3/4 full. Bake in the preheated oven until centers are set
12. 25 to 30 minutes.