Prep Time: 15 minutes | Cook Time: 20–22 minutes | Total Time: 40 minutes
Yield: 12 muffins (6 servings of 2) | Intensity Level: Easy

Table of Contents

- Introduction
- Ingredients
    - For the Egg Muffins
    - Optional Add-Ins
    - Equipment
- Time & Intensity Breakdown
- Instructions
    - Step 1: Grate and Salt the Zucchini (5 minutes | Low–Moderate Intensity)
    - Step 2: Squeeze the Zucchini Dry (3 minutes | Moderate Intensity)
    - Step 3: Preheat and Grease the Tin (3 minutes | Low Intensity)
    - Step 4: Whisk the Eggs and Mix-Ins (4 minutes | Low Intensity)
    - Step 5: Fill the Muffin Cups (3 minutes | Low Intensity)
    - Step 6: Bake (20–22 minutes | Low Intensity, Passive)
    - Step 7: Cool and Release (5 minutes | Low Intensity, Passive)
- Flavor Variations
- Serving Suggestions
- Storage & Reheating
- Nutrition Information (Per Serving, 2 Muffins, Based on 6 Servings)

Introduction

Cheesy Zucchini Egg Muffins are the grab-and-go breakfast that actually keeps you full — fluffy baked eggs packed with grated zucchini, sharp cheddar, and savory aromatics, portioned into perfectly portable muffin cups. They’re a brilliant answer to the weekday

morning rush: make a batch on Sunday, and you've got a protein-rich breakfast ready in 30 seconds all week. The zucchini keeps the muffins incredibly moist while adding a serving of vegetables, and the cheese delivers that golden, savory flavor everyone craves. These muffins are naturally low-carb and gluten-free (no flour needed), making them ideal for keto, bariatric, and clean-eating lifestyles alike. They're also endlessly customizable — add bacon, ham, bell pepper, or spinach to suit your taste. Freezer-friendly, reheatable in seconds, and delicious hot or cold, these little egg muffins earn their place as a meal-prep staple.

Ingredients

For the Egg Muffins

- 8 large eggs
- ¼ cup (60 ml) whole milk or half-and-half
- 1½ cups (180 g) grated zucchini (about 1 medium zucchini)
- ½ tsp kosher salt (for salting the zucchini)
- 1 cup (115 g) shredded sharp cheddar cheese, divided
- ¼ cup (25 g) grated Parmesan cheese
- 3 green onions, finely sliced

- 2 tbsp diced red bell pepper (optional)
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp dried oregano
- ¼ tsp black pepper
- Pinch of red pepper flakes (optional)

Optional Add-Ins

- 4 slices cooked bacon, crumbled
- ½ cup diced cooked ham
- ½ cup chopped fresh spinach
- ¼ cup crumbled feta or goat cheese

Equipment

- 12-cup standard muffin tin
- Box grater
- Clean kitchen towel or paper towels
- Large mixing bowl
- Whisk
- Nonstick cooking spray or olive oil
- Ice cream scoop or measuring cup (for filling)

Time & Intensity Breakdown

Stage	Time	Intensity	What’s Happening
Grate & salt zucchini	5 min	Low–Moderate	Draw out excess moisture
Squeeze zucchini dry	3 min	Moderate	Wring out as much water as possible
Preheat oven & grease tin	3 min	Low	375°F; coat every cup thoroughly
Whisk eggs & mix-ins	4 min	Low	Beat eggs; fold in cheese and vegetables
Fill muffin cups	3 min	Low	Portion evenly into 12 cups

Stage	Time	Intensity	What’s Happening
Bake	20–22 min	Low (passive)	Eggs set; tops turn golden
Cool & release	5 min	Low (passive)	Muffins firm up and shrink slightly

Total active time: ~15 minutes | Total passive time: ~25 minutes

---

Instructions

Step 1: Grate and Salt the Zucchini (5 minutes | Low–Moderate Intensity)

Grate the zucchini on the large holes of a box grater. Transfer it to a colander or bowl, sprinkle with the ½ teaspoon kosher salt, and toss to combine. Let it sit for 5 minutes — the salt draws out water, which is critical because wet zucchini makes soggy egg muffins. This is the single most important step in the recipe.

Step 2: Squeeze the Zucchini Dry (3 minutes | Moderate Intensity)

Wrap the salted zucchini in a clean kitchen towel or several layers of paper towels and squeeze hard, wringing out as much liquid as you can. You should end up with about 1 cup of firmly packed, dry zucchini — expect to pour off ¼ to ⅓ cup of liquid. Discard the liquid. Set the zucchini aside.

Step 3: Preheat and Grease the Tin (3 minutes | Low Intensity)

Preheat your oven to 375°F (190°C). Generously spray a 12-cup standard muffin tin with nonstick cooking spray or brush each cup with olive oil, coating the bottom and all the way up the sides. Grease thoroughly — egg muffins are notorious for sticking, and a well-greased

tin (or silicone liners) ensures clean release.

Step 4: Whisk the Eggs and Mix-Ins (4 minutes | Low Intensity)

In a large mixing bowl, whisk the eggs and milk for 1–2 minutes, until smooth and slightly frothy. Whisk in the garlic powder, onion powder, oregano, black pepper, and red pepper flakes (if using). Stir in the squeezed zucchini, ¾ cup of the cheddar, the Parmesan, green onions, bell pepper (if using), and any optional add-ins (bacon, ham, spinach) until evenly distributed. Reserve the remaining ¼ cup cheddar for topping.

Step 5: Fill the Muffin Cups (3 minutes | Low Intensity)

Divide the egg mixture evenly among the 12 muffin cups, filling each about ¾ full — the muffins will puff up as they bake. Use an ice cream scoop or a measuring cup for neat, even portions. Sprinkle the reserved cheddar over the tops.

Step 6: Bake (20–22 minutes | Low Intensity, Passive)

Bake on the middle rack for 20–22 minutes, until the muffins are puffed, set in the center, and golden around the edges. A toothpick inserted into the center should come out clean. If the tops are browning too quickly, tent loosely with foil for the last 5 minutes.

Step 7: Cool and Release (5 minutes | Low Intensity, Passive)

Let the muffin tin cool on a wire rack for 5 minutes — the muffins shrink slightly and firm up, making them easier to remove. Run a thin knife or small spatula around the edges of each cup, then lift the muffins out. Serve warm, or cool completely before storing.

Flavor Variations

- Mediterranean: Feta, sun-dried tomatoes, spinach, and oregano.
- Western: Diced ham, bell pepper, onion, and cheddar.
- Bacon Cheddar: Crumbled bacon and extra sharp cheddar.
- Mexican: Pepper jack, diced jalapeño, cilantro, and a pinch of cumin.
- Mushroom Swiss: Sautéed mushrooms and Swiss cheese.

Serving Suggestions

Serve two muffins with a side of fresh fruit, avocado slices, or a dollop of salsa or hot sauce. They’re excellent in a breakfast sandwich, alongside a green salad for lunch, or packed in a lunchbox with cherry tomatoes. For brunch, arrange them on a platter with smoked salmon and cream cheese.

Storage & Reheating

- Refrigerator: Store cooled muffins in an airtight container for up to 4 days.

- Freezer: Wrap individually or freeze in a zip-top bag for up to 2 months. Reheat from frozen.

- Reheating: Microwave 30–45 seconds per muffin, or warm in a 350°F (175°C) oven for 8–10 minutes. The microwave is fastest; the oven preserves texture best.

- Meal prep: Bake, cool completely, and portion into containers with fruit for grab-and-go breakfasts all week.

Nutrition Information (Per Serving, 2 Muffins, Based on 6 Servings)

Values are estimates and will vary by cheese brand, add-ins, and exact portion size.

Nutrient	Amount per Serving
Calories	~245 kcal
Total Fat	~17 g
— Saturated Fat	~8 g
Cholesterol	~270 mg
Sodium	~480 mg
Total Carbohydrates	~4 g
— Fiber	~0.5 g
— Sugars	~2 g
Protein	~18 g