

Prep Time: 10 minutes

Cook Time: 22–25 minutes

Total Time: 35 minutes

Intensity Level: Low (Beginner Friendly)

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Why You'll Love This Recipe

Mornings are busy. Between getting ready for work, wrangling kids, or simply trying to find your keys, a sit-down breakfast is often the first thing to go. Enter the Easy Breakfast Egg Muffins.

These portable protein bombs are the ultimate meal prep solution. They are essentially mini omelets baked in a muffin tin. You can make a batch on Sunday and have breakfast ready for the entire week. They are low-carb, Keto-friendly, and infinitely customizable based on whatever vegetables or cheeses you have in your fridge. Plus, they reheat in seconds and taste just as good as when they came out of the oven.

Ingredients

The Base

- 10 large eggs
- 1/3 cup milk (whole milk or 2% works best, but almond milk works for dairy-free)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder (optional)

The Fillings (Choose Your Combo)

Note: You need about 1.5 cups of total mix-ins. Make sure to chop everything finely so it fits in the muffin tin.

Option A: The Classic Western

- 1/2 cup cooked ham, diced
- 1/2 cup bell peppers (red and green), finely diced
- 1/4 cup green onions, sliced
- 1/2 cup shredded Cheddar cheese

Option B: The Garden Veggie

- 1/2 cup spinach, chopped
- 1/2 cup cherry tomatoes, quartered
- 1/4 cup red onion, finely diced
- 1/2 cup crumbled Feta cheese

Option C: The Meat Lover's

- 1/2 cup cooked bacon, crumbled
- 1/2 cup cooked breakfast sausage, crumbled

- 1/2 cup shredded Monterey Jack cheese

Equipment

- 12-cup standard muffin tin
 - Non-stick cooking spray or paper liners
 - Mixing bowl
 - Whisk
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Instructions

Step 1: Prep (Intensity: Low | Time: 5 Minutes)

Preheat your oven to 350°F (175°C) . Generously grease a 12-cup muffin tin with non-stick cooking spray. *Do not skip this step.* Even if you use paper liners, the egg tends to stick to the paper. Greasing the tin directly is the best way to ensure they pop out easily.

Step 2: Prepare the Mix-Ins (Intensity: Low | Time: 5 Minutes)

Prepare your chosen vegetables and meats. Crucial Tip: Make sure your vegetables are diced very small. Large chunks of veggies release water as they cook, which can make the muffins soggy. If using watery vegetables like tomatoes or zucchini, pat them dry with a paper towel

before adding them to the mix.

Step 3: Whisk the Eggs (Intensity: Medium | Time: 3 Minutes)

Crack the eggs into a large mixing bowl. Add the milk, salt, pepper, and garlic powder. Whisk vigorously for about 60 seconds until the mixture is completely smooth and slightly frothy. This incorporation of air helps the muffins rise slightly and become fluffy.

Step 4: Combine (Intensity: Low | Time: 2 Minutes)

Add your prepared vegetables, meats, and cheese directly into the egg mixture. Stir with a spatula until everything is evenly distributed. Alternatively, you can place the fillings directly into the muffin cups and pour the egg mixture over them, but mixing it all in the bowl ensures every bite is consistent.

Step 5: Fill the Cups (Intensity: Low | Time: 3 Minutes)

Using a ladle or a measuring cup, pour the egg mixture into the greased muffin tin. Fill each cup about 3/4 of the way full. The egg muffins will puff up significantly in the oven, so you need to leave room for expansion. If you overfill them, they will spill over and create a mess.

Step 6: Bake (Intensity: Low | Time: 22-25 Minutes)

Place the muffin tin in the center rack of the preheated oven. Bake for 22 to 25 minutes.

Visual Cue: The muffins are done when the centers are set (no longer jiggly) and the tops are slightly puffed up and golden. If you insert a toothpick into the center, it should come out clean.

Step 7: Cool and Serve (Intensity: Low | Time: 5 Minutes)

Remove the tin from the oven and let them cool in the pan for 5 minutes. This allows the eggs to set fully and makes them easier to remove.

Run a knife around the edge of each muffin to loosen it, then pop them out onto a wire cooling rack.

Recipe Notes & Variations

- Dairy-Free: Swap the milk for unsweetened almond milk and omit the cheese (or use a dairy-free cheese alternative).
 - Meal Prep: These keep in the fridge for up to 4 days in an airtight container.
 - Freezing: You can freeze these muffins! Wrap them individually in plastic wrap and store them in a freezer bag for up to 2 months. Reheat in the microwave for 60-90 seconds from frozen.
 - Avoid Soggy Muffins: If using frozen spinach, make sure to squeeze out all the excess moisture before mixing it in.
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Nutritional Information

Disclaimer: The nutritional information below is an estimate based on the "Classic Western" variation (Ham and Cheddar). Values will vary depending on the specific ingredients and brands you use.

Serving Size: 1 Egg Muffin

Servings Per Recipe: 12

- Calories: 95 kcal
- Total Fat: 6g
- Saturated Fat: 2.5g
- Trans Fat: 0g
- Cholesterol: 160mg
- Sodium: 240mg
- Total Carbohydrates: 1g
- Dietary Fiber: 0g
- Total Sugars: 0.5g
- Protein: 9g

Vitamins & Minerals (Estimate):

- Vitamin A: 6% DV

- Calcium: 8% DV

- Iron: 4% DV