



### Easy Breakfast Egg Muffins

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*These breakfast egg muffins are inspired by our favorite morning casserole or omelet. They are a great way to start off the morning - especially for those on-the-go! This recipe is easily customizable; extra vegetables or meat can be added to your liking. Happy eating!*

**Yields:** 12 egg muffins

**Serving Size:** 2 egg muffins

#### Ingredients:

- Cooking spray
- 8 large eggs
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 bunch green onions, chopped
- 2 ¾ ounces fully cooked bacon pieces
- ¼ cup milk
- 1 pinch garlic powder, or to taste
- 1 pinch onion powder, or to taste
- salt and ground black pepper to taste
- 4 ounces shredded mild Cheddar cheese (about ½ package of cheese)

#### Instructions:

1. Preheat the oven to 350° F (175° C). Liberally spray a 12-cup muffin tin with cooking spray.
2. Crack eggs into a large bowl. Whisk thoroughly.
3. Place bell peppers and green onions into the large bowl. Add bacon, milk, garlic powder, onion powder, salt, and pepper. Sprinkle Cheddar cheese into the bowl and whisk until incorporated. Pour the mixture equally into the prepared muffin cups.
4. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 30 minutes. Let cool slightly before serving.

**Per Serving:** Calories 107, Carbohydrates 3g, Protein 7g, Saturated Fat 3g, Sodium 130mg, Fiber 0.5g, Sugars 1g

This recipe was adapted from Allrecipes.com.

