



Cook's Corner

Easy Peasy Meals



Breakfast

Lunch

Dinner

Snack

Beverage

allrecipes!

Easy Breakfast Egg Muffins

★★★★★

Your favorite breakfast casserole or omelet in egg muffin form! Great for on-the-go breakfasts and very customizable to your own tastes. You can substitute any vegetables or meat that you like. I love to make a dozen of these and have them in my fridge to take on the go in the mornings to work.

Prep: 15 mins

Cook: 30 mins

Total: 45 mins

Servings: 12

Yield: 12 egg muffins



Ingredients

1 bunch green onions, chopped

1 green bell pepper, chopped

1 red bell pepper, chopped

8 large eggs

2 ¾ ounces fully-cooked bacon pieces (such as Oscar Mayer®)

¼ cup whole milk

1 pinch garlic powder, or to taste

1 pinch onion powder, or to taste

salt and ground black pepper to taste

½ (8 ounce) package shredded mild Cheddar cheese

Directions

Step 1

Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin.

Step 2

Place green onions and bell peppers into a large mixing bowl. Add eggs, bacon, milk, garlic powder, onion powder, salt, and pepper. Sprinkle Cheddar cheese into the bowl and whisk ingredients together until incorporated.

Step 3

Pour mixture equally into the prepared muffin cups.

Step 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.

Cook's Notes:

You can use any shredded cheese you like.

Tips

Feel free to cook and chop your own bacon instead of using pre-cooked.

Nutrition Facts

Per Serving: 135 calories; protein 9.6g; carbohydrates 3.3g; fat 9.3g; cholesterol 141.4mg; sodium 273.7mg.

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