

Brittany's Easy Egg Muffins

These are so easy to make, and they reheat so easily that this recipe will become one of your favorites!

For **Trim Healthy Mama** folks, these are an "S" breakfast.



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- **15 eggs** (You may use fewer egg yolks and more egg whites if you prefer.)
- **1-2 tsp.** Spike Seasoning (this natural no-salt, no-MSG seasoning, found in most grocery stores in the spices aisle or by the salt, is what makes these so delicious! If you don't have Spike, use any type of seasoning blend that goes well with eggs.)
- **1-2 cups grated cheese** (I like sharp cheddar or a blend of cheddar/Jack cheese. Use less cheese if you choose to add meat)
- *Optional, but highly recommended:* 3 diced green onions
- *Optional:* 1 cup chopped veggies such as blanched broccoli, red pepper, zucchini, mushrooms, etc.
- *Optional:* 1 cup diced Canadian bacon, lean ham, or crumbled cooked sausage

Preheat oven to 375 degrees F. If using a silicone muffin pan, spray with nonstick spray. (I really like using *Spectrum Naturals Organic Coconut Oil Spray*.) If using a regular 12-cup muffin pan, put two paper liners into each slot and then spray liner with nonstick spray.

In the bottom of the muffin cups, layer diced meat (if using), vegetables (if using), cheese, and green onions. Fill muffin cups about 2/3 full, with just enough room to pour a little egg around the other ingredients. Break eggs into a large measuring bowl with pour spout. Add Spike seasoning or seasoning of your choice, and beat well. Pour beaten egg into each muffin cup until it is 3/4 full. Stir slightly with a fork to blend and settle the ingredients. Bake 25-35 minutes until muffins have risen and are slightly browned and set.

Muffins will keep more than a week in the refrigerator. Egg muffins can be frozen and reheated, *but they taste best and have the best texture when they have been refrigerated*. If you choose to freeze these, for best results, thaw them in the refrigerator before reheating them. Microwave on high for 30-60 seconds to reheat one muffin, or place them in a muffin tin and reheat in a 350 degree heated oven for about 10 minutes.

