

## Egg Muffins

From [Kalyn's Kitchen](#) on [Ashley's Cooking Adventures](#)

Makes 12 muffins

### Ingredients

15 eggs for silicone muffin tins, for metal use 12

1/2 cup milk or half and half

Whatever seasoning you like in your eggs (I always use seasoning salt, garlic salt, ground mustard and pepper)

1 cup grated low fat cheese

3 green onions, diced (optional)

Chopped veggies (I used red pepper but suggest broccoli, zucchini, mushrooms, tomatoes)

Optional: diced Canadian bacon, lean ham, or crumbled cooked turkey sausage

### Directions

Preheat oven to 374. Spray muffin tin with nonstick cooking spray. In the bottom of each muffin tin layer diced meat (if using), cheese, and green onions. In a large bowl break the eggs and add in milk and seasoning. Whisk to combine. Pour eggs into the muffin tin until it is 3/4 full. Bake 25-35 minutes until muffins have risen and are slightly browned and set.

Muffins will keep for a week in the refrigerator. Can be frozen but for best results than in the refrigerator first, then reheat for 2 minutes in the microwave.