

Egg Mini Muffins

American

Portable, high-protein egg muffins. Great for meal prep and portion control.

Ingredients:

Egg Base:

* 6 count large eggs

Fillings:

* 1/2 cup mixed vegetables (Onion, peppers, m...)

* 1/2 cup Turkey sausage (Turkey sausage)

Seasoning:

* 1/2 tsp salt (Adjust to taste)

* 1/4 tsp black pepper (Adjust to taste)



Instructions:

1. Preheat oven to 350°F.
2. Lightly spray a silicone mini muffin tray with cooking spray.
3. In a large bowl, whisk together the eggs until fully combined.
4. Stir in the diced vegetables, sausage, shredded cheese, salt, and pepper.
5. Pour the mixture evenly into the muffin slots, filling each.
6. Bake for 20 minutes, or until the eggs are set and no longer runny.
7. Allow muffins to cool for a few minutes before removing from the tray.

Notes:

These store well in the fridge for 3–4 days and can be reheated quickly. Great for meal prep.

Servings: 4 | Serving size: 6 mini muffins | Calories: 160 | Protein: 13g