



# Egg Muffins

## PREP TIME

30 min

## TOTAL TIME

60 min

## Nutrition Information Per Serving

Makes 6 servings

### FAT

34g

### PROTEIN

17g

### CARBS

3g

### CALORIES

384

## Ingredients

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8 large eggs

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4 Tbsp salted butter

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4 Tbsp olive oil

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1 cup chopped spinach

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4 oz shredded cheddar cheese

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8 slices bacon

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1 ¼ cup red diced tomatoes

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½ tsp salt

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## Instructions

1. Preheat oven to 375 degrees. Spray muffin pan liberally with cooking spray or insert liners.
2. Cook spinach. Once slightly cool, drain well.
3. Cook bacon until crisp, according to package directions. Let cool. Once cool, crumble into small pieces.
4. Heat butter and olive oil in a non-stick pan over medium heat. Add diced tomatoes and salt and cook 2-3 minutes. Add spinach and cook for 1-2 minutes more. Cool.
5. In a separate bowl, beat eggs. Add cheese and bacon. Add cooled tomato and spinach mixture.
6. Pour egg mixture into 12 muffin cups, filling 2/3 full.
7. Bake for 20-30 minutes, or until eggs are set.
8. To brown tops, place under broiler from 3-5 minutes.

### Pro tip

Try experimenting with different combinations of cheese, meat, and veggies!

- Goat cheese and cooked spinach work well for a vegetarian option.
- Diced ham, swiss, and sautéed mushrooms and peppers are a classic combination.