

BAKED EGG MUFFINS

SERVES: 4

TOTAL TIME: 20 - 25 MINS

INGREDIENTS

1/2 Cup Chopped Onions
1/3 Cup Chopped Mushrooms
1/2 Cup Chopped Green & Red Bell Peppers
1/2 Cup Chopped Scallions
1/2 Cup Chopped Fresh Parsley
1/2 Cup Mozzarella & Pepper Jack Cheese
10 Large Eggs
1/2 Teaspoon Pink Himalayan Salt
1/4 Teaspoon Ground Black Pepper
1/4 Teaspoon Garlic Powder
1/2 Teaspoon Chopped Chives
1/2 Teaspoon Dried Parsley Flakes
1/2 Teaspoon Accent Flavor Enhancer
Generous amount of vegetable oil spray so that your muffins don't burn.

DIRECTIONS

Preheat your oven to 350 degrees.

Crack the eggs in a large mixing bowl and add all the dry ingredients.

Spray your muffin pans with a generous amount of vegetable oil spray to prevent sticking. Add the ingredients into the muffin pans.

Pour ingredients into the muffin pans. Recipe should make 12 average size muffins.

Cook for 15 - 20 minutes until fully cooked inside the muffins. Serve hot or warm.

[Click here to watch the video](#)

