

Egg Muffin Cups

Ingredients

For 12 muffin cups

- 6 Large Eggs
- 1/2 cup Egg Whites
- 1/4 cup Almond Milk
- 1/4 tsp Pink Salt (or Sea Salt)
- 1/4 tsp Ground Black Pepper
- 1 cup Shredded Light Cheese
- 4 Slices of Turkey Bacon

(Can use sliced ham or turkey breast too)

- 1-2 Veggies of Choice *(Baby Spinach, bell peppers, onion)*
- Parchment Paper Muffin Cups *(or use silicone tray)*

Directions

- 1) Preheat oven to 375 degrees
- 2) While the oven preheats, cook turkey bacon and begin cutting up veggies and other toppings if needed
- 3) Crack eggs into large bowl, then add egg whites, milk, salt, pepper and shredded cheese and whisk well.
- 4) First add meat/veggies to each up then add all other ingredients
- 5) Cook for 22 minutes

