**Breakfast Egg Muffins**

Prep Time: 10 minutes

Cook: 20 minutes

Total: 30 minutes

Servings: 6 egg muffins

**Ingredients:**

* ½ medium onion-chopped
* 5 large eggs
* 1 tablespoon milk
* ½ teaspoon salt
* ¼ teaspoon black pepper
* ¼ cup grated cheese, *optional*
* ½ green pepper, chopped, *optional*
* ½ cup mushrooms, *optional*
* 1 clove garlic, *optional*
* *Serve with toast, english muffins, or your other favorite whole grain on the side!*

**Directions:**

1. Preheat the oven to 350°F. Grease a muffin tin with oil or spray.
2. In a medium pan, sauté onion and optional green bell peppers and mushrooms together until everything has softened. You can sautee other desired veggies as well.
3. In a large bowl, beat the eggs together. Beat in the milk, garlic (optional), salt and black pepper.
4. Gently pour on the egg mixture into each muffin cup and evenly divide the vegetable mixture into the egg cups.You want to pour in enough egg mixture so each muffin cup is just about full, but leaving room so you can still transfer the pan to the oven without spilling.
5. Top each muffin cup with a bit of grated cheese, if desired.
6. Bake in the preheated oven for 20-25 minutes, until the tops are golden and the muffin tin eggs are puffy and cooked through.
7. Enjoy immediately, or allow to cool then store in an airtight container in the refrigerator. To freeze, freeze each egg muffin individually on a tray, then transfer them to a freezer bag.

Breakfast egg muffins are a favorite because they are easy, nutritious and are perfect for meal prepping breakfast. With simple ingredients, these can make your morning breakfast a no-brainer and are great for when needing something in a hurry. Protein is the morning is important to keep you fueled and energized for long periods of time. Be sure to add on your favorite whole grain for added carbohydrates to provide your body with immediate energy and to help you focus in class. This recipe was adapted from: <https://www.theworktop.com/breakfast-brunch-recipes/muffin-tin-eggs/>