

Breakfast Egg Muffins

Recipe type: Breakfast

Serves: 12

Prep time: 10 minutes

Cooking time: 25 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 2 T vegetable oil
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 bunch green onion, chopped
- 8 large egg
- ¼ cup low fat milk
- 8 oz shredded mild cheddar cheese
- 1 t salt
- ½ t ground black pepper
- Muffin pan



What to do:

1. Wash your hand
2. Preheat the oven to 350°F. Grease a 12-cup muffin tin with cooking spray.
3. Place bell peppers, onion, and green onions into a large bowl. Add eggs, milk, salt, and pepper.
4. Sprinkle cheddar cheese into the bowl and mix well.
5. Pour mixture equally into muffin cups.
6. Bake in the oven for about 30 minutes, or until a toothpick stuck in the middle comes out clean. Let it cool a little before serving.
7. Enjoy!

Tip: You can make these on weekend and have them in fridge to grab in the busy week day morning.

Contains Egg and Milk

Nutrition Facts	
12 servings per container	
Serving size	1 Muffin (94g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 410mg	18%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 107mg	8%
Iron 1mg	6%
Potassium 115mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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