

OMELET MUFFINS

This is a great idea for breakfast variety once on maintenance. Discover the joy of breakfast variety with these Omelet Muffins, perfect for those on the maintenance phase of their diet. Each batch makes six delightful muffins, blending wholesome ingredients such as eggs, your choice of cooked meat, and either organic chunky salsa or freshly chopped veggies. Seasoned with sea salt and black pepper, and enriched with a touch of organic Greek yogurt or heavy cream, these muffins are baked to perfection at 350°F. Just grease your muffin tins, mix the ingredients, and bake for 18-20 minutes. The result is a nutritious, portable breakfast that's not only easy to make but deliciously satisfying. Makes 6 Muffins.





Ingredients

- 6 eggs
- 1/2 cup cooked meat
- 1/2 drained organic chunky salsa or chopped veggies
- 1/4 tsp sea salt
- 1/8 tsp black pepper
- 2-3 Tbsp organic Greek yogurt or heavy cream

Directions

Preheat oven to 350°F degrees. Grease muffin tins with coconut or avocado oil. Whisk the eggs. Stir in the rest of the ingredients. Spoon into muffin cups. Bake for 18-20 minutes or until toothpick comes out clean.