

OMELET MUFFINS

By Dr. Cindy Tanzar

Makes 3 servings.



INGREDIENTS

- 6 eggs
- 6 slices uncured turkey bacon
- 1.5 cup chopped vegetables (peppers, onions, mushrooms, tomatoes, etc.)
- 6 tbsp heavy cream (can use Greek Yogurt if Maintenance)
- Pink Himalayan salt and ground black pepper, to taste

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.