

OMELET MUFFINS

By Dr. Cindy Tanzar

Start your day with these delicious and nutritious omelet muffins! Made with six eggs, crispy uncured turkey bacon, and a medley of your favorite chopped vegetables, these bite-sized delights are packed with flavor and protein. The addition of creamy heavy cream (or Greek yogurt for a lighter option) makes them rich and satisfying. Seasoned with Pink Himalayan salt and ground black pepper to taste, these omelet muffins are perfect for a quick breakfast, meal prep, or a healthy snack on the go!

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 or Greek yogurt
- 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.