



# 7 BREAKFAST EGG MUFFINS

*you can freeze*

Sweet  
Peas <sup>AND</sup>  
SAFFRON 

## INSTRUCTIONS

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1. Heat oven to 350°F.
2. Line a standard sized muffin pan with parchment or silicone liners and set aside.
3. In a large bowl, mix together the eggs, salt, pepper, veggies and cheese, until well combined.
4. Stir in the flour and baking powder until completely incorporated.
5. Spoon the mixture into the muffin pan, filling nearly full. Sprinkle tops with reserved cheese.
6. Bake in the pre-heated oven for 20-25 minutes, until muffins are baked through and no longer jiggle.

### STORAGE:

Cool completely and store in an airtight container for up to 5 days in the fridge or wrapped in plastic and either in a large freezer bag or an airtight container in the freezer for up to 3 months.

### REHEAT:

Heat in 30 second increments in the microwave until heated to your liking.

## Recipes

### Sun Dried Tomato, Spinach & Mushroom Egg Muffins

#### Ingredients

1/2 cup sun dried tomatoes, drained from oil and chopped into small pieces  
1 1/2 cups chopped spinach  
1 1/2 cups chopped mushrooms  
8 eggs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup shredded cheese  
1/2 cup all purpose flour  
1/2 teaspoon baking powder

\*Optional: 1/2 cup feta cheese

### Kale, Mushroom & Goat Cheese Egg Muffins

#### Ingredients

2 cups chopped kale  
2 cups chopped mushrooms  
1/2 cup crumbled goat cheese  
8 eggs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup all purpose flour  
1/2 teaspoon baking powder  
1/2 cup shredded cheese for tops

### Roasted Red Pepper & Corn Egg Muffins

#### Ingredients

2/3 cup corn kernels  
2/3 cup roasted red peppers, chopped  
1 1/2 cups spinach, chopped  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
8 eggs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup shredded cheese (1/2 cup reserved for sprinkling muffin tops)  
1/2 cup all purpose flour  
1/2 teaspoon baking powder

### Broccoli Cheddar Egg Muffins

#### Ingredients

2 cups broccoli florets, chopped small  
8 eggs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup shredded cheese (1/2 cup reserved for sprinkling muffin tops)  
1/2 cup all purpose flour  
1/2 teaspoon baking powder

### Cauliflower Herb Egg Muffins

#### Ingredients

2 cups riced cauliflower  
1/2 teaspoon basil  
1/2 teaspoon oregano  
1/4 teaspoon dried dill  
8 eggs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup shredded cheese (1/2 cup reserved for sprinkling muffin tops)  
1/2 cup all purpose flour  
1/2 teaspoon baking powder

### Zucchini, Feta & Dill Egg Muffins

#### Ingredients

2 cups shredded zucchini, excess liquid squeezed out  
1/2 cup feta cheese  
1 teaspoon dried dill  
8 eggs  
1/2 teaspoon pepper  
1/2 cup all purpose flour  
1/2 teaspoon baking powder  
1/2 cup shredded cheese for tops

### Spinach, Feta & Red Pepper

#### Ingredients

2 cups chopped spinach  
1 bell pepper, finely chopped  
1/2 cup feta cheese crumbled  
8 eggs  
1/2 teaspoon pepper  
1/2 cup all purpose flour  
1/2 teaspoon baking powder  
1/2 cup shredded cheese, for tops