



Omelet Muffins

Ingredients:

Coconut oil or paper muffin liners

8 eggs

1/8 cup water

1/2 lb. chicken, ham, or sausage, cooked and cut or crumbled into small pieces (optional)

2 cups diced vegetables (1 red bell pepper, 1/4 lb asparagus or broccoli, mushrooms, and 1/2 yellow onion recommended, but use whatever is on hand)

1/4 tsp salt

1/8 tsp ground pepper

Directions:

Preheat oven to 350°F. Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1" of water, so they do not scorch while baking. Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add. Pour mixture into the muffin cups. Bake for 18-20 minutes.