

BITS and BITES

Egg and Cheese Muffins

Makes 8-10 Muffins

Serving Size: 1 Muffin

Ingredients

- 6 large eggs
- 3 tbsp. skim or low-fat milk
- 1/3 cup grated low-fat cheddar cheese
- Spices of choice, to taste

Directions

1. Preheat oven to 350 degrees F. Spray muffin tin with cooking spray or grease with olive/canola oil.
2. Whisk together eggs, milk, & spices in a bowl.
3. Pour egg mixture into prepared pan, filling cups about 2/3 full.
4. Sprinkle cheese evenly among cups. Bake for 8-10 minutes, or until eggs set.
5. Allow to cool in pan before removing.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

There are lots of **healthy & delicious** ways to add flavor to your egg cups without salt:

- Try Italian seasoning, oregano, basil, or thyme
- For Mexican flavor, add garlic, cumin, & chili powder
- For heat, season with red chili flakes

Freeze & save eggs for another day if you have leftovers. Reheat in the microwave.

A nutritious breakfast is important, even when you're busy! Grab an egg muffin with a side of fruit, like an apple or banana, for a healthy on-the-go breakfast.

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Steps to Health
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