

Cheddar and Veggie Egg Cups

This is a great tasting, easy to make, transportable healthy breakfast option!

PREP TIME 10 minutes

COOK TIME 22 minutes

SERVINGS 12 muffins

Ingredients

- 3 cups mixed vegetables *broccoli, mushrooms, peppers, spinach etc*(*this is also a great use of any leftover veggies you might have*)
- 1 teaspoon oil
- 12 large eggs
- 1/4 cup milk or water
- 1 cup cheddar cheese
- 1/4 cup parmesan cheese
- Salt and pepper to taste

Instructions

1. Preheat oven to 350°F.
2. Chop vegetables and cook in 1 teaspoon of oil until tender (unless using pre-cooked leftover veggies). Let cool.
3. Spray a muffin tin very well with cooking spray.
4. Divide the vegetables, and cheeses over 12 wells.
5. In a large bowl combine eggs, milk, and salt and pepper. Mix well.
6. Pour eggs evenly over each well. Bake 22-25 minutes or until set.
7. Remove from cups and serve warm or let cool completely and refrigerate/freeze.