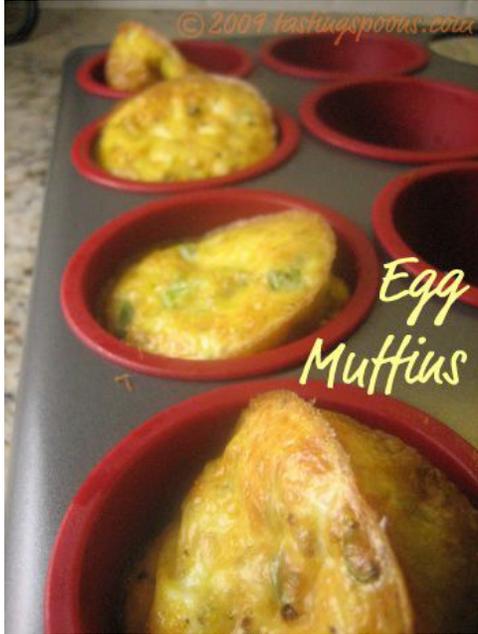


Breakfast Egg Muffins a la Kalyn Denny

Author: From Kalyn Denny, at Kalyn's Kitchen blog.

Carolyn T's
Main Cookbook

Servings: 12



Notes: If you use vegetables in this, you won't be able to get very much egg mixture in each cup, so it may make more than 12. In that case you will definitely want to eat two, not just one of these.

1. Heat oven to 375.
2. Break eggs into a large bowl, preferably with a pour spout.
3. Grease or oil-spray a muffin tin (12-spot). Into the wells of each muffin cup sprinkle some of the raw green onions. Then add cheese (not too much - the amount is just a guess) and vegetables, if using.
4. Lightly whisk the eggs with some salt and pepper. Gently and carefully pour the egg mixture into the muffin cups so they're about 3/4 or 7/8 full. Don't overfill them.
5. Bake for 25 minutes (approximately) until tops are golden brown. Remove and serve immediately. Depending on how much air was whipped into them, they may deflate some once they start to cool.

3 whole green onions, minced
2/3 cup cheddar cheese (I used low fat), or Feta, or any cheese variety you prefer
1/4 teaspoon Spike seasoning or other herb blend with a bite
Salt and pepper to taste
1 cup cooked vegetables (broccoli, bell peppers, zucchini, tomatoes, celery, asparagus, artichoke hearts, jalapeno chiles) optional
15 large eggs

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 119 Calories; 8g Fat (64.4% calories from fat); 9g Protein; 1g Carbohydrate; trace Dietary Fiber; 272mg Cholesterol; 127mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1 Fat.