

Keto Egg Muffins



Prep Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 Min Cost per Serving: \$3.00

Calories per Serving: 150 kcal

6 People



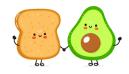




- 6 large eggs
- 1/2 cup shredded cheddar cheese
- 1/4 cup diced bell peppers (red or green for added crunch)
- 1/4 cup diced spinach
- 1/4 cup crumbled bacon (optional)
- 1/4 cup heavy cream

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- 1 tbsp olive oil (I recommend using this organic olive oil for added flavor)
- 1 tsp garlic powder
- Salt and pepper to taste

Preparation:



1-Place the muffin tin in the oven and bake for 18-20 minutes, or until the muffins are fully set and slightly golden on top. Insert a toothpick into the center of a muffin—if it comes out clean, they're done!

2-Preheat your oven to 350°F (175°C). Grease a muffin tin with olive oil spray or line it with silicone muffin cups for easy cleanup. In a skillet, heat 1 tablespoon of olive oil over medium heat. Sauté the diced bell peppers and spinach until they soften, about 5 minutes. Set aside

3-In a large bowl, crack the eggs and whisk together with heavy cream, garlic powder, salt, and pepper. Stir in half of the shredded cheese.

4-Evenly divide the sautéed veggies, crumbled bacon, and cheese between the muffin cups. Pour the egg mixture over the top until each cup is about three-quarters full.

5-Let the muffins cool in the tin for a few minutes before transferring them to a wire rack. Once cooled completely, store them in an airtight container in the fridge for up to 5 days, or freeze for up to 2 months.

