

Omelet Breakfast Muffins

These healthy muffins can be made in batches and stored in the refrigerator or freezer for future meals. They are extremely versatile and the ingredients can be changed to suit your taste preference. For example, I love chopped spinach, mushrooms and tomatoes. Or asparagus and parmesan cheese. Many times I'll use a cup of leftover vegetables from a previous dinner and toss those with the eggs. You can also make these muffins without the ham. In that case, grease the muffin tin with butter before pouring the egg mixture into the muffin tins.



Ingredients

	Recipe serves
	12 muffins

Ingredient	Amount
Organic, Pastured Eggs	6 ----
Red Bell Pepper, Diced	1/2 cup
Zucchini, Diced	1/2 cup
Yellow Onion, Diced	1/2 cup
Mushrooms, Diced	1/2 cup
Nitrate Free Deli Style Ham	12 ----
Grass-fed Butter	2 tbsps

Instructions

1. Preheat oven to 350F.
2. In a large muffin tin, line each muffin cup with 1 slice of deli ham.
3. Crack eggs into a medium size bowl and set aside.
4. In a large frying pan, heat butter. Add onion, zucchini, bell pepper and mushroom and cook until soft, about 3 minutes.
5. Add the vegetables to the bowl of eggs and scramble with a fork until mixed together.
6. Pour egg mixture into ham cups until 3/4 full.
7. Bake for 20 minutes, or until egg is firm to the touch.
8. Let the muffins cool for 5 minutes before removing. Serve immediately. To store these muffins, place in an airtight container in the refrigerator for up to 3 days. You can also freeze the muffins individually for up to 3 months. To thaw, place the muffin into the refrigerator the night before.