

Egg Muffin Bites

INGREDIENTS

Nonstick cooking spray

10 large eggs

2 teaspoons kosher salt

Suggested variations

6 ounces ham, chopped

1/3 cup shredded cheddar cheese

6 slices bacon, cooked and crumbled

1/3 cup shredded cheddar cheese



DIRECTIONS

1. Preheat the oven to 350' and spray a muffin tin with cooking spray.
2. Crack the eggs into a large bowl, add the salt and whisk to combine. Divide the mixture evenly among the muffin cups. Top with the desired variation ingredients. Bake until the center no longer jiggles, about 17-20 minutes.
3. Let muffins cool in the pan for about 5 minutes. Run a knife around the edge of each muffin cup to help loosen the muffin. Serve or refrigerate or freeze for future use.
4. To reheat, microwave the muffins one at a time for about 30 seconds if refrigerated, 1 minute if frozen