

# Breakfast Jalapeno and Egg Muffins

**Serves 6 | Prep/cooking time: 35 minutes**

## Ingredients:

4 eggs  
2 tbsp. milk, low fat  
1 tsp. garlic powder  
1 jalapeno pepper, diced (or more to taste)  
1 tomato, diced  
½ cup mushrooms, diced  
2 green onions, diced  
½ cup sharp low-fat cheddar cheese, shredded  
Salt and pepper to taste

## Directions:

Preheat oven to 350 degrees. Spray muffin tin with oil. Beat eggs and then mix in all other ingredients. Fill muffin tins with mixture until about ¾ full. Bake in oven for 25 minutes or until firm. Let cool and enjoy. You can add any variety of vegetables you have on hand to make this a versatile breakfast on the go.



**Hearty Breakfast**

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