

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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