

## Easy Eggs for a Make-Ahead Breakfast

Use your imagination and get creative!

### Ingredients

12 eggs  
Ham  
Deli meats  
Bacon  
Cheeses - shredded  
Onions - diced  
Mushrooms - sliced  
Peppers – diced  
Spinach – cooked, drained



### Directions

1. Preheat the oven to 375 degrees.
2. Spray muffin cups with cooking spray.
3. Line bottom or sides of each cup with bacon or deli slice. (optional)
4. Break egg directly into cup or into bowl to scramble with other ingredients.
5. Top with choice of meats, veggies and cheeses or mix into egg in bowl.
6. Pour scrambled mixture into each cup and top with more veggies or cheese.
7. Bake at 350 for 20-25 minutes. (Watch the bacon so it doesn't burn)

Notes: I like to use the pre-cooked bacon to save time. Round deli slices fit nicely in the cups. Many of the ingredients work better if you saute for a few minutes.

Makes 12 mini breakfasts

Nutrition Facts will vary by choice of ingredients:

Calories 100-150

Effective Carbohydrates <5g

Protein 10-15g

Recipes converted from:

[Theimpledelights.com](http://Theimpledelights.com)

[Bakeatmidnight.com](http://Bakeatmidnight.com)

[Manilaspoon.com](http://Manilaspoon.com)