



## Scrambled Egg Muffins

### **Ingredients:**

- A dozen eggs
- ½ cup finely chopped onion
- ½ cup chopped green and/or red bell pepper
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. garlic powder
- ¼ tsp. cumin or coriander
- ½ cup cheddar cheese plus
- ¼ cup cheddar cheese for topping
- 1 tsp. tabasco sauce
- 4 slices fully cooked bacon, cooked and crumbled into pieces (optional)

### **Directions:**

1. Preheat oven to 350 degrees F (175 C.)
2. Lightly grease 12 muffin cups or line with paper muffin liners.
3. Microwave bacon if using it and crumble into pieces.
4. Beat eggs in large bowl.
5. Stir in onion, green and/or red pepper, salt, pepper, and garlic powder and cheddar cheese.
6. Top each muffin with a sprinkling of cheddar cheese.
7. Bake in pre-heated oven until knife inserted in center comes out clean, approximately 20-25 minutes.

*Note: feel free to add any chopped veggies or seasonings you like (as well as remove any in this recipe you don't like!) Think of celery, mushrooms, grated carrots.... Be creative!*

**These muffins can be refrigerated and microwaved (for about 10-15 seconds.) This is a wonderful muffin to make in advance and have ready for the week!**