



# Breakfast Recipes

## Egg Muffins

### Ingredients:

- 10 eggs
- 1 cup diced broccoli
- ½ cup diced onions
- 1 cup diced mushrooms
- ½ cup diced bell peppers
- 1 handful of spinach
- salt and pepper to taste
- Optional: ¾ pound ham sliced



### Directions:

1. Preheat oven to 350 degrees
  2. Dice up all vegetables
  3. In a large mixing bowl, whisk eggs then add in all the diced vegetables
  4. Pour mixture in greased muffin pan (should fill about 8-10 muffins)
  5. Bake for 18-20 minutes or until toothpick inserted in the middle comes out clean
- Enjoy!

Serving size is 1 muffins, makes 8-10

### Nutrition Information:

**1 serving no ham: 80 calories, 6 grams protein, 3 grams carbs, 4 grams fat**

**1 serving with ham: 94 calories, 9 grams of protein, 2.4 grams of carbs, 1.8 grams of fat**

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