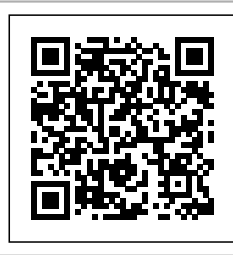


Low Carb Egg Muffins



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Recipe by: Laura Vitale

Makes about a dozen

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- __ 10 Eggs
- __ 1 Green Bell Pepper, diced
- __ 1 Red Bell Pepper, diced
- __ 1 Medium Yellow Onion, diced
- __ 6 oz of Turkey Bacon, diced
- __ 1 Tbsp of all Purpose Seasoning
- __ 1/2 cup of Shredded Cheddar Cheese

1) Preheat your oven to 400 degrees, line a muffin pan with parchment paper muffin liners and set aside.

2) In a skillet over medium heat, add the oil and once hot, add the peppers, onions, turkey bacon and a pinch of salt, cook for 7 to 8 minutes or until the veggies and bacon have softened and caramelized, while those cook, in a large measuring cup, whisk together well the eggs, seasoning and salt.

3) Spoon some of the mixture into your muffin cups (about 2/3 of the way) then pour the whisked eggs over too (fill it about 3/4 of the way) and top them with a sprinkle of cheese.

4) Bake the egg muffins for about 20 minutes or until puffed lightly golden on the top. Allow to cool before storing in a container with a tight fitting lid and pop them in the fridge to eat throughout the week!

