



EGG MUFFINS

Makes 6-8 Muffins

Ingredients

- 6 eggs
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ cup low-fat milk
- 1 cup shredded cheddar cheese
- 1 cup broccoli florets, gently scrubbed under cold water

Directions

1. Wash hands with soap and water.
2. Crack eggs into a mixing bowl. Wash hands with soap and water after handling raw eggs.
3. To the eggs add salt, pepper, and milk. Whisk together. Add broccoli and cheddar cheese and stir to combine.
4. Grease muffin tin with cooking spray or preferred method.
5. Pour egg mixture into a greased muffin tin, ⅔ full.
6. Bake at 375°F for 18-20 minutes until eggs are completely set or reach an internal temperature of 160°F.
7. Store leftovers in a sealed container in the refrigerator.

Nutrition Facts: Serving Size 1 muffin, Calories 160 ,Total Fat 11g, Saturated Fat 5g, Cholesterol 205mg, Sodium 600mg, Total Carbohydrates 3g, Fiber 0g, Total Sugar 0g, Added Sugar 0g, Protein 11g, Vitamin D 1mcg, Calcium 171mg, Iron 1mg, Potassium 145mg

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Want to include some grains?

Cut your muffin in half and wrap in a whole-grain tortilla for a portable, grab-and-go breakfast.

Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Liquid measuring cup
- 1 Mixing bowl
- 1 Whisk
- 1 Muffin tin
- Cooking spray

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