



Egg Bite Muffins

Looking for a tasty on the go breakfast option? These egg muffin bites are great to meal prep or eat fresh out of the oven! Just a few simple ingredients plus any fillings you'd like and you've got a high protein, low carb meal that is full of flavor.

Check out some of the different mix-ins we have suggested below. There are some delicious options that you and your family will love! One of our favorite things to do for busy nights is make breakfast for dinner. Whip up a batch of these egg muffins and serve with a side of sausage or keto pancakes!

Recipe:

12 Eggs
Salt and pepper to taste
1/2 Cup cheese
3/4 to 1 Cup of mix ins
We used:
1/4 Cup Green peppers
1/4 Cup Onions
1/4 Cup Sausage

Mix together and divide over 12 muffins
We suggest using parchment paper muffin cups or spraying your muffin tin with avocado or olive oil.

Bake at 350 degrees for 20 minutes



The Keto Dad Tips and Tricks:

- DEFINITELY use parchment paper muffin cups. The eggs will not stick at all and cleanup is a breeze!
- Add more veggies, but watch your carbs
- Use any meat: sausage, bacon or ham.
- Freeze and reheats easily!
- Keeps in the fridge for up to 5 days
- Makes great batch recipes

Servings: 6 (2 Muffins for 1 serving)

Macros: Calories: 175 Fat: 12g , Carbs: 2g, Fiber 0, (Net Carbs 2) Protein: 14g

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