

Omelet Muffins

Ingredients

- * 6 eggs
- * 1/4 – 1/2 cup cooked meat, cut or crumbled into small pieces
- * 1/2 cup diced vegetables
- * 1/4 tsp salt
- * 1/8 tsp ground pepper
- * 1/8 cup mayonnaise
- * 1/8 cup water
- * Optional Ingredient Idea: Make a Mexican Omelet Muffin by adding 1/4 cup shredded cheese, onions, and lightly drained salsa to the eggs.



Equipment

You will also need a 2 lb (900 g) loaf tin, 7½ x 4¾ x 3½ inches deep (19 x 12 x 9 cm deep), preferably non-stick.

Method

Preheat oven to 350 degrees. Generously grease 6 muffin tins with butter or coconut oil or for easier removal line with paper baking cups. The baking cups also help the muffins hold their shape.

In a bowl, beat the eggs. Add meat, vegetables, salt, ground pepper, and any other ingredients and stir to combine. Spoon or scoop into the muffin cups.

Bake for 18-20 minutes until a knife inserted into the center of an muffin/omelet comes out almost clean. The omelets will continue to cook for a minute or two after removed from the oven. Remove the omelets from the muffin cups and serve, or cool completely and store for another day.