

Breakfast Omelette Muffins

Ingredients:

8 large eggs

1/2 cup milk

3-4 Veggies/Meat of choice - *I love to use red & green peppers, green onions & cubes of ham in mine!*

1/2 cup shredded Cheddar Cheese

Salt & Pepper to taste

Directions:

Preheat oven to 325 degrees and spray/grease your muffin pan

(Don't use paper muffin liners because they will stick to your muffins!)

Place the eggs and milk together in a large bowl and give them a quick whisk to mix them well and then add a pinch of salt and pepper

Into the bottom of each muffin space sprinkle in your veggie/meat toppings - the toppings will not stay at the bottom - whilst the muffins cook, they become evenly distributed throughout each muffin

(If you are using breakfast meats such as sausage & bacon, pre-cook them and dry them using paper towels to get rid of as much moisture as you can)

Next sprinkle the cheese into each muffin space - just a small sprinkle into each is enough - it is amazing how much taste this small amount gives!

And then pour the egg mixture over all the toppings, almost filled to the top - I like to put my muffin pan onto a baking sheet just in case of spillage

Bake until tops are firm. About 20-25 minutes - if you want the tops to have more of a golden brown appearance, pop them under the broiler for a minute or two

Cool and enjoy - these are delicious