

Paleo Breakfast Egg Muffins – *taken from Paleo Comfort Foods*

Aesthetically, you'll want to serve these muffins shortly after removing them from the oven. They will shrink up and lose some of their fluffy texture once they sit out too long – kind of like soufflés! Feel free to add your favorite omlette ingredients to the frying pan and sauté them in with the onion and peppers.

Ingredients:

- 1 Tbsp. Olive oil
- 1 Large Sweet Onion, finely chopped
- 1 Green Bell Pepper, finely chopped
- 1 Red Bell Pepper, finely chopped
- 1 Jalapeno Pepper, finely chopped (optional)
- 12 Large eggs, whisked
- ¼ tsp. salt (optional)
- ½ tsp. pepper

Directions:

1. Preheat oven to 350 degrees
2. Saute onion in olive oil over medium-high heat for 2-3 minutes. Add peppers and continue cooking for another 2-3 minutes. ** I cooked mine a little longer than this, so use your own discretion.*
3. While peppers are cooking, whisk eggs in a large bowl.
4. Once the onion/peppers are cooked, remove from heat and let cool for a few minutes. Mix them into the egg mixture and stir well, sprinkling in the salt and pepper.
5. Coat a large muffin pan with olive oil spray or coconut oil. Using a ¼ cup measuring cup, fill each muffin cup.
6. Place in oven for 10-15 minutes. Remove them once the tops get high, fluffy and golden brown. Pop them out with a butter knife or thin spatula.

Variations - For some added protein, sauté some of your favorite sausage or ground turkey or beef and mix into the egg mixture. About ½ - ¾ lb. would be sufficient.

Plan Ahead - To make this really quick and easy, sauté veggies the night before. Keep them in the refrigerator and simply stir them into your eggs when you're ready to make the muffins.

Hint - These also freeze incredible well.