

# 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.

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**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.