

Egg Muffins



Plan Z Phase: This is a Z3 (ZReboot) and Zola To Go! recipe submitted by Plan Z dieter, Amy.

Servings: Makes 12 servings.

Ingredients:

- 10 – 12 eggs (use 10 if you want less egg in your muffin, 11 or 12 if you want more)
- 6 Tbl whipping cream
- breakfast meat of choice (ready-to-eat ham, cooked sausage, cooked bacon)
- shredded cheese (whatever flavor you like)
- assorted veggies as desired

Instructions:

Preheat oven to 350 degrees.

Whisk eggs and cream together. In a greased muffin tin put some of the meat in the bottom of each muffin mold filling about 1/3 of the way full, top with egg mixture to about 2/3 full, then add cheese or veggies on top.

Bake in a 350-degree oven for 20 minutes. I love switching up

ingredients – I'll do bacon, Swiss, onion, and spinach one time. Ham, cheddar, and broccoli. Sausage, mozzarella, tomatoes, and mushrooms. The possibilities are endless! Perfect for Zola to Go, too.

Enjoy!

Cheers,