

# Breakfast Ingredients

# Muffins:

# 3

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How easy is this recipe for Breakfast Muffins? With only 3 ingredients it's super-fast yet delicious!

## INGREDIENTS

- 2 Bananas
- 4 Eggs
- 1 C Berries of Choice

## INSTRUCTIONS

1. Preheat oven to 375.

2. Mash bananas and add eggs.
3. Blend well.
4. Put berries in a sprayed muffin tin (Coconut Oil)
5. Cover berries with egg mixture.
6. Bake for 12 minutes.

ENJOY!