

# **Egg Muffin Cups**

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# Ingredients:

Nonstick Cooking Spray

Sea Salt and Ground Pepper, to taste

12 Large eggs

1. Preheat oven to 375\*
2. Lightly coat a 12-cup muffin tin with spray. Set aside.
3. Place eggs in a large bowl; whisk to blend.
4. Evenly pour egg mixture into muffin cups.
5. Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean.

Feel free to add a variety of vegetables to spice it up!