



EGG MUFFINS

Ingredients | Makes 6 to 8

- 6 eggs
- ½ tsp salt
- 1 tsp pepper
- ¼ cup low fat milk
- 1 cup shredded cheddar cheese
- 1 cup broccoli florets

Directions

1. Wash hands with soap and water.
2. Preheat oven to 375°F.
3. In a bowl, add eggs, salt, pepper, and milk. Whisk together.
4. Add cheese and broccoli and stir to combine.
5. Pour egg mixture into a greased muffin tin, ⅔ full.
6. Bake for 18-20 minutes until eggs are completely set or reach an internal temperature of 160°F.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.

Want to include some grains?

Cut your egg muffin in half and wrap in a whole-grain tortilla for a portable, grab-and-go breakfast.

Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Liquid measuring cup
- 1 Mixing bowl
- 1 Whisk
- 1 Muffin tin
- Preferred supplies for greasing muffin tin



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Nutrition Facts: For 1 muffin, Calories 160, Total Fat 11g, Saturated Fat 5g, Sodium 300mg, Total Carbohydrates 3g, Fiber 0g, Total Sugar 0g, Added Sugar 0g, Protein 11g



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