



EGG MUFFINS

(Per Serving)

Calories 329

Carbs 7g / Protein 28g / Fat 21g

INGREDIENTS

- 6 Medium Eggs
- Pinch of Pepper
- 2 Bacon Medallions
- ½ Onion(finely chopped)
- ½ Red Bell Pepper(finely chopped) 50g (1 ¾oz)
- Feta Cheese(roughly chopped)

PREP TIME

- Serves 2 (3 muffins per person) Prep Time 10 mins
- Cook Time 25 mins

HOW TO COOK

01

Preheat oven to 200° C (400°F).Crack the eggs into a mixing bowl, add pepper and whisk.

02

Grill the bacon on both sides until cooked, then cut into pieces.Evenly distribute the onion, pepper and bacon into a muffin tin. I use a silicone muffin tin as the muffins are easier to remove afterwards.

03

Then pour the eggs into the muffin tin, aiming for an equal amount for each muffin.Sprinkle the feta over the egg mixture.

04

Cook for 20-25mins

