



Low Carb Breakfast Egg Muffins

Who's ready for an easy, healthy meal prep? These Breakfast Muffins are delicious and can be made in a cinch for those on-the-go kind of days.

Ingredients:

- 6 Eggs
- Turkey Sausage
- Veggies
- Seasonings
- Nonstick spray or muffin liners

Directions:

- Preheat oven to 375F. Spray cups with nonstick spray or use paper liners
- Decide what other meat and/or vegetables you want to include in your personal egg muffin variation
- Cut the vegetables into small bite-sized pieces
- Brown the meat
- Break 6 eggs into a large container and beat eggs well
- Divide eggs between cups
- Add meat & veggies
- Bake for 25-30 minutes until muffins have risen and are slightly browned and set

“Find joy in your journey!”

