



Breakfast Omelet Muffins



(See ingredients and recipe on back)

Brighten your day by starting your morning off with a delicious and convenient omelet muffin. Perfect for a meal on the go, these omelet muffins are filled with the perfect mix of protein and vegetables to start off your day on a high note.

Omelets contain many ingredients that can boost your overall health. Eggs include all nine essential amino acids, as well as vitamins such as B12, B2, and vitamin D, which are beneficial for muscle repair, brain function, and energy production. Omelets can also sneak in vegetables, adding fiber, antioxidants, and extra vitamins.



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Ingredients:

- 6 free-range eggs
- ½ cups of diced vegetables
- ¼ teaspoon of sea salt
- ⅛ teaspoon of fresh black pepper
- ⅛ cup of avocado oil mayonnaise*
- ⅛ cup of water

**note: homemade mayonnaise or coconut milk could be substituted*

Optional:

- ¼-½ cup of diced meat
- ¼ cup of shredded raw cheese

Instructions:

1. Preheat the oven to 350°F. Grease 6 muffin tins or silicone muffin cups with butter and/or coconut oil (DO NOT USE TEFLON PANS)
2. For a southwestern omelet, add in ¼ cup of drained salsa
3. Beat the eggs in a bowl and add desired ingredients.
4. Spoon bowl into the muffin cups and bake for about 18-20 minutes or until a knife comes out clean.

Note: You can always make this into a crustless quiche by pouring the mixture in a buttered pie dish and cooking for a bit longer

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