Savory Egg Muffins with Peppers and Onions

Protein-packed baked egg cups loaded with colorful bell peppers and onions, perfect for a low-carb, high-protein breakfast or snack.

Servings: 2 **Time:** 30 minutes

Ingredients

- 6 large eggs
- 1/2 cup diced red bell pepper
- 1/2 cup diced green bell pepper
- 1/3 cup finely chopped onion
- 1/4 cup shredded cheddar cheese
- 2 tbsp milk
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 tbsp olive oil or cooking spray

Instructions

1. Preheat oven to 350°F (175°C) and grease a 6-cup muffin tin with olive oil or cooking spray.
2. In a skillet over medium heat, sauté onions and bell peppers in 1 tbsp olive oil until softened, about 4-5 minutes. Remove from heat and let cool slightly.
3. In a medium bowl, whisk together eggs, milk, salt, black pepper, and garlic powder until fully combined.
4. Add sautéed veggies and shredded cheese to the egg mixture, stirring gently.
5. Pour the mixture evenly into the prepared muffin cups, filling each about 3/4 full.
6. Bake for 18-22 minutes, or until egg muffins are set and lightly golden on top.
7. Let cool for 5 minutes before removing from muffin tin. Serve warm or store in fridge for up to 3 days.

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