

Egg Muffins

Quick and healthy breakfast egg muffins packed with spinach, cheese, and vegetables. Perfect make-ahead protein-rich meal for busy mornings.

15 min

PREP

20 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup spinach
- 3 cup bell pepper
- 2 scallion
- 6 egg
- 1 tbsp milk
- 1 cup cheddar cheese
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika

Instructions

1 Prepare for baking

Preheat oven to 400°F (200°C). Grease a 12-cup muffin tin with cooking spray or butter, making sure to coat the bottom and sides of each cup completely.

2 Cook the vegetables

Heat 1 tablespoon oil in a large skillet over medium heat until shimmering, about 1 minute. Add the diced vegetables and cook, stirring occasionally, until softened and any moisture has evaporated, about 5-6 minutes.

3 Remove skillet from heat and let vegetables cool for 5 minutes while you prepare the egg mixture.

4 Make the egg mixture

Crack 6 eggs into a large bowl and whisk vigorously until well beaten and slightly frothy, about 30 seconds.

Add 1 cup milk and whisk until completely combined.

- 5 Add 1 teaspoon salt, 1 teaspoon pepper, and 1 teaspoon seasoning to the egg mixture. Whisk until evenly distributed throughout.

- 6 **Combine and fill**

Stir the cooled vegetables and 3/4 cup cheese into the egg mixture until evenly distributed. The mixture should be well combined but not overmixed.

- 7 Divide the mixture evenly among the prepared muffin cups, filling each about 3/4 full. Top each muffin with a pinch of the remaining cheese.

- 8 **Bake**

Bake for 18-22 minutes, until the tops are golden brown and the centers are set when gently shaken. A toothpick inserted in the center should come out clean.

- 9 **Cool and serve**

Cool in the pan for 3-4 minutes, then run a knife around the edges and carefully remove each muffin. Serve warm or at room temperature.

Tips

Use room temperature eggs for the smoothest mixing consistency. Cold eggs can create a lumpy mixture that doesn't distribute evenly in the muffin cups.

Pre-cook any watery vegetables like mushrooms, zucchini, or tomatoes to prevent soggy muffins. Sauté them briefly to remove excess moisture before adding to the egg mixture.

Fill muffin cups only 2/3 full to prevent overflow during baking. The eggs will puff up as they cook and need room to expand.

Grease your muffin tin thoroughly with butter or cooking spray, or use silicone muffin cups for easy removal. This prevents sticking and ensures perfect presentation.

Let the muffins rest in the pan for 5 minutes after baking before removing. This allows them to set properly and makes removal much easier.

For extra fluffy muffins, add a splash of milk or cream to the egg mixture. This creates a lighter texture and richer flavor.

Season generously with salt and pepper, as eggs can taste bland without proper seasoning. Taste the raw mixture and adjust seasonings before baking.

Use a toothpick to test doneness - it should come out clean when inserted in the center. Overbaking will result in rubbery texture.

