

Omelet muffins!



Just caught this in one of my groups and had to share - way too easy not to do! Here's how you can make the same at home: Simply spray the muffin pan, add in your favorite omelet mix ins and cover with scrambled eggs.

Options to try

- - spinach and feta
- - salsa and cheddar
- - chicken and hot sauce
- - tomatoes and peppers

Really, the options are endless! Add to oven on 350° for about 30 minutes, remove and enjoy! Freeze for meals, or can be stored in the fridge for up to one week.