

Egg Muffins

These can be stored in the refrigerator or freezer, and reheated in a toaster oven.
They make a great grab & go meal or snack.

Makes 12 muffins

Ingredients:

2 T butter, ghee or duck fat

1/2 lb sausage or ground meat of your choice

1 cup finely chopped veggies of your choice (such as onion, green onion, bell pepper, mushroom, or spinach)

sea salt, pepper, and dry herbs to taste

1 dozen pastured eggs

1/2 c water or broth

Directions: *1. Grease 12 muffin tins or line with parchment liners.*

2. Preheat oven to 350° F.

3. In a skillet, melt 2 T fat. Begin to brown the meat. When slightly cooked, add in veggies and season as desired.

4. Continue cooking till meat is done and veggies are tender.

5. While meat and veggies are cooking, whisk eggs and water or broth.

6. Fill prepared muffin tins about halfway with meat and veggie mixture.

7. Pour egg mixture over meat/veggie mixture, filling almost to the top.

8. Bake for 25-30 minutes, until eggs are set. Remove from oven and cool completely.

9. Enjoy plain or with ghee or butter spread on top.

10. Store in freezer proof container in the refrigerator or freezer. Reheat in toaster oven, or enjoy cold.

Adapted by Karen DeHaven from The RESTART© Cookbook

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