



BREAKFAST EGG MUFFINS

Ingredients:

- Coconut oil or grease for the pan
- 12 eggs
- 12 strips uncured organic bacon, or turkey bacon, cooked
- 8 asparagus spears, cut into large pieces
- Sea Salt and black pepper

Spice up your Egg Muffins with other ingredients!



Directions:

1. Preheat the oven to 400°F. Grease 12 cups of a regular muffin pan
 2. Lay a strip of bacon in each muffin cup, pushing down. It will stick out of the cup.
 3. Crack an egg in every cup.
 4. Distribute the asparagus evenly in each cup.
 5. Season with salt and pepper
 6. Bake in the middle rack of the oven for 12-15 minutes for soft eggs, 15-17 for firmer eggs.
 7. Serve the eggs warm.
- (Refrigerate extras and rewarm)