



Scrambled Egg Breakfast Muffins

- 12 eggs
- 1/2 tsp. seasoned salt
- 2-3 Tbsp. onion, diced
- 1 cup cooked ham, diced (can also use cooked bacon or sausage)
- pepper to taste
- 1/4 tsp. garlic powder
- 1/4 cup red bell pepper, diced
- 1/4 cup fresh mushrooms, diced (can saute first)
- 1 cup cheddar cheese, shredded
- 1/2 cup baby spinach, finely shredded

Preheat oven to 350 degrees.

Spray a 12-cup muffin pan with non-stick cooking spray (the better you spray, the less it will stick).

In a large mixing bowl, beat eggs. Add in remaining ingredients and mix together.

Scoop 1/3 cup of mixture into each muffin liner. Bake for 20-25 minutes or until the center of the muffin is completely cooked.