***Egg Muffins***

Eating tasty eggs in a busy morning is impossible sometimes.  This Egg Muffins recipe
can help you to have warms tasty eggs without struggling too much.

**Ingredients:**12 eggs, half pound of bacon or sausage chopped, 2 green onions chopped, some
veggies chopped (optional).

**Instructions:**1.      preheat oven to 350F degrees, lightly grease 12 muffin cups, or use paper muffin
liners
2.      beat eggs in a large bowl, stir in all other ingredients,
3.      bake in preheated oven until a toothpick inserted near the center comes out clean
(20 to 25 minutes)
4.     cool the egg muffins down to room temperature, put 2 muffins in each Ziploc and
put them in the freezer.  Every morning, take the 2 muffins out and microwave 45
seconds, eat them warm

**Serve 1 person for 6 days.**