***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.**