

# Egg Muffins

12 eggs

1/2 cup milk

1/2 tsp. salt

1/2 tsp. pepper

1/2 cup shredded cheese

1/2 cup turkey sausage or diced ham

(Even add cooked veggies if you want!)

Preheat oven to 375'. Spray muffin tin with non stick cooking spray. In large bowl whisk together eggs, milk, salt and pepper. Stir in cheese and sausage.

Pour mixture into 12 muffin cups. Bake for 25 minutes or until muffins are set in the middle.