

Best Egg Muffins Recipe - Breakfast Meal Prep

Egg muffins are the perfect on-the-go breakfast that's healthy, low-carb, and great for meal prep. Just switch up a few simple veggie and protein ingredients to create delicious combos that will last you through the week!

PREP TIME: 15 mins COOK TIME: 25 mins

TOTAL TIME: 40 mins

COURSE: Breakfast CUISINE: American



5 from 24 votes

KEYWORD: breakfast egg muffins, egg muffin cups, egg muffin recipe, egg muffins

SERVINGS: 12 servings CALORIES: 134kcal AUTHOR: [Lisa Bryan](#)

Ingredients

Egg Base

- 12 large eggs
- salt and pepper to taste

Broccoli, Bacon & Cheddar

- 4 cups broccoli florets
- 3 slices bacon
- 1 cup grated cheddar cheese
- 1/4 cup chives finely sliced

Italian Sausage, Kale & Parmesan

- 1/2 pound Italian sausage
- 1 shallot finely diced
- 3 cup (packed) kale roughly chopped
- 1 cup grated parmesan

Spinach, Tomato & Goat Cheese

- 24 grape tomatoes halved
- 1 cup (packed) baby spinach
- 1 scallion thinly sliced
- 6 ounces goat cheese

Instructions

Egg Base - Same For All Flavors

1. Add the 12 eggs to a large 4-cup measuring cup and season with salt and pepper. Whisk the eggs until fluffy.

Broccoli, Bacon & Cheddar

1. Slice the bacon into 1/2-inch thick pieces. Add to a saute pan over medium heat, stirring frequently and cook until crispy. Use a slotted spoon to remove the bacon to a paper towel.
2. Fill a pot with 1-inch of water and bring it to a boil. Insert a steamer basket, then add the broccoli florets. Cover with a lid and cook for 5-6 minutes. Remove the steamer basket and broccoli, and let cool for a couple of minutes. Then dice the broccoli into small pieces.
3. Fill the muffin tray about 1/2 full with pieces of broccoli, bacon, and cheddar cheese. Sprinkle with chives. Then fill with egg mixture about 90% full and bake at 350F for 20-25 minutes.
4. Let the muffins cool slightly, then run a knife along the outer edge and remove each egg muffin. Enjoy immediately or store in the fridge or freezer.

Sausage, Kale & Parmesan

1. Add the sausage to a saute pan on medium heat. Use a spatula to break up the sausage and cook it until it's just browned.
2. If there's enough fat in the pan from the sausage, you might not need to add oil. But if the pan looks dry, add 1 tablespoon of olive oil. Add the shallot and kale to the pan and saute for 2 minutes, or until the kale has wilted. Then remove from the heat.
3. Fill the muffin tray about 1/2 full with the sausage kale mixture. Sprinkle some parmesan cheese into each muffin cup. Then fill with egg mixture about 90% full and bake at 350F for 20-25 minutes.
4. Let the muffins cool slightly, then run a knife along the outer edge and remove each egg muffin. Enjoy immediately or store in the fridge or freezer.

Spinach, Tomato & Goat Cheese

1. Roughly chop the baby spinach. Then, add a small handful of spinach to each muffin cup.
2. Add 4 grape tomatoes halves and a sprinkle of scallions and goat cheese. Then fill with egg mixture about 90% full and bake at 350F for 20-25 minutes.
3. Let the muffins cool slightly, then run a knife along the outer edge and remove each egg muffin. Enjoy immediately or store in the fridge or freezer.

Notes

- Nutrition information is based on the broccoli, bacon, cheddar flavor.
- Each flavor listed in the recipe card has enough ingredients to fill a complete 12-muffin pan. You can always use less of each flavor combination and mix and match as I've done.
- For the spinach, tomato, and goat cheese muffin, you might need to cook it 1-2 minutes longer, as there is more juice from the tomato.
- If you are using a regular muffin tin, you can use an [oil spray](#) or [silicone cups](#) to take the muffins out. Just make sure to not use the paper cups as it will stick.

Nutrition

Calories: 134kcal | Carbohydrates: 3g | Protein: 9g | Fat: 10g | Saturated Fat: 4g | Cholesterol: 177mg | Sodium: 167mg | Potassium: 177mg | Fiber: 1g | Sugar: 1g | Vitamin A: 557IU | Vitamin C: 28mg | Calcium: 107mg | Iron: 1mg