

Another Healthy Recipe from



Handheld Omelets



Your techno-device isn't the only thing that's handheld. This grab-n-go breakfast is simple to make ahead of time, and last all week.

Ingredients

- cooking spray
- 6 eggs
- salt and pepper to taste
- 1/2 cup chopped spinach
- 1/3 cup crumbled cooked bacon
- 1/3 cup shredded cheddar cheese

Instructions

1. Preheat the oven to 375 degrees. Coat 6 cups of a muffin tin with cooking spray or line with paper liners.
2. Crack the eggs into a large bowl. Whisk the eggs until smooth.
3. Add the spinach, bacon and cheese to the egg mixture and stir to combine.
4. Divide the egg mixture evenly among the muffin cups.
5. Bake for 15-18 minutes or until eggs are set.
6. Serve immediately or store in the refrigerator until ready to eat.

Note: Be adventurous! You can fill these handheld omlettes with anything your heart (and taste buds) desire. Broccoli and cheddar! Sausage and cheese! Peppers, onion, mushrooms! The possibilities are endless.

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