

## Savoury Breakfast Muffins



We all know how easy it is to get stuck in a breakfast rut. Life is busy and although the idea of scrambled eggs in the morning is lovely we often end up grabbing something as we run out of the house, frantically trying to grab our coat, bag and keys as we go!

Whether you are trying to stick to your macros or just want a little bit of variety in your life these savoury breakfast muffins are perfect. They are really simple, you can make them and store them in the fridge so they are easy to grab for breakfast or a snack.

You need muffin cases, eggs and your choice of fillings. Chop your chosen fillings and pop them in the muffin cases, whisk your egg and fill the muffin cases (they will rise so don't go crazy!) then pop them in the oven at 180 degrees for 15-20 minutes and voila!!

In these ones we just used pepper and red onion as our veggies and then did a few with bacon, a few with chorizo and a few with ham. Obviously you can use whichever fillings you like!

