

BREAKFAST MUFFINS

YIELDS 12 muffins each | PREP TIME 1 hour each

INGREDIENTS

Baked Oatmeal Muffins

2 eggs
¼ cup coconut oil
¼ cup Almond butter
1 cup dark brown sugar
½ cup applesauce with cinnamon
1 ½ cups almond milk
2 tsp. vanilla extract
½ tsp. sea salt
½ Tbsp. ground cinnamon
3 cups oats
2 tsp. baking powder
Optional: your favorite toppings (fruit, nuts, chocolate chips, etc.)

Breakfast Egg Muffins

1 cup cheddar cheese
1 ½ cup ham
1 ½ cup spinach
8 eggs
½ teaspoon salt
½ teaspoon pepper
½ cup shredded cheese for topping

INSTRUCTIONS

Baked Oatmeal Muffins

- Preheat the oven to 350°F. Line a muffin tin with paper or paper/foil muffin liners.
- In a large bowl, whisk the eggs, oil, and brown sugar until sugar is dissolved. Add the applesauce, milk, vanilla, salt, and cinnamon. Whisk until well combined. Stir in the oats and baking powder.
- Fill the muffin tin with ¼ cup of the oat mixture in each muffin cup. Add your favorite toppings. Push the toppings down into the oat mixture with a spoon.
- Bake for 40 minutes. Let them cool for 5 minutes before eating. Store in an airtight container or freeze in a zip top storage bag.

Breakfast Egg Muffins

- Heat oven to 350°F.
- Line a standard-sized muffin pan with parchment or silicone liners and set aside.
- In a large bowl, mix together the cheddar cheese, ham, spinach, eggs, salt, pepper, and cheese until well combined.
- Spoon the mixture into the muffin pan until each cup is nearly full. Sprinkle tops with reserved cheese.
- Bake in the preheated oven for 20-25 minutes, until muffins are baked through and no longer jiggle.