

Oven Baked Mini Omelets

by OnePotChef

Oven Baked Mini Omelets are quick to make and sensationally delicious. Eat them immediately or freeze them for later! Plus, you can use whatever vegetables and meats you have on hand, so come up with your own combination of flavors- give it a go!

Ingredients:

- 8 eggs
- 1 onion, diced
- Handful of shredded ham
- ¼ c skim milk
- cooking spray
- ½ tsp baking powder
- 1 c grated reduced fat cheese
- salt and pepper, to taste

Directions:

Mix ingredients. Pour mixture evenly into 8 muffin cup tins. Bake at 350 for 15-20 minutes or until cooked to your liking.

1 Protein exchange per muffin cup (using an 8 muffin cup tin)