Eggs in Oven

Instructions

1. Preheat oven to 350ºF and grease a muffin tin with nonstick cooking spray.
2. Crack eggs into tin. Season with salt and pepper.
3. Bake for 17 minutes or until eggs reach desired texture.All you have to do is set your oven to 350F

Scrambled Egg Muffins

(makes 12 muffins)

***Ingredients:***

* 9 eggs
* 1/2 C chopped fresh spinach
* 1/3 C whole milk
* 1/3 C spelt, whole wheat, or white flour (or ground flaxseed for a gluten free variation)
* 1/4 C grated cheddar cheese
* 1 Tbsp. chopped fresh basil
* 1 small tomato, chopped
* 1/2 tsp. sea salt
* 1/2 tsp. cracked black pepper
* 1 tsp. baking soda
* Optional add-ins: 1/4 C of either cooked [bacon](http://fannetasticfood.spreadshirt.com/will-run-for-bacon-A5841869) (crumbled) or smoked salmon, chopped

***Instructions:***

\*Preheat oven to 350.

1) Break the eggs into a bowl and whisk.

2) Add the rest of your ingredients and mix it all together!

3) Add spoonfuls of the mixture to a cooking sprayed or nonstick muffin tin. I used a 1/4 C measuring cup to transfer it since it’s very runny!

4) Pop them in the oven and bake for 25 to 30 minutes. Fork check to make sure they are done.