CHEESY BREAKFAST BITES

Yield: 12 bites

Ingredients
- 1 can Pillsbury crescent rolls
- 7 eggs
- 12 slices of bacon
- 1 cup of cheddar cheese
- ½ cup of milk
- Salt & Pepper

Directions
1. Preheat oven to 350°
3. Grease pan and place 1 crescent square in each muffin cup
4. Place 3 small pieces of bacon along the sides of each muffin cup
5. Mix eggs, milk, cheese, salt, and pepper until well combined.
6. Pour into each cup until 2/3 full.
7. Bake for 16-18 minutes

Source: https://lilluna.com/breakfast-bites

HEALTHY EGG MUFFINS

Yield: 12 muffins

Ingredients
- 10 eggs
- 1-2 teaspoon seasoning of your choice
- 1-2 cups of low-fat cheese
- ½ cup of lean meat – turkey sausage, ham, etc.
- Optional: Any chopped vegetable - 2 diced green onions, ¼ cup diced spinach, etc.

Directions
1. Preheat oven to 375°
2. Whisk the eggs and the mix all ingredients together
3. Use double liners or spray muffin pan well
4. Pour mixture into muffin cups until 2/3 full
5. Bake for 15-20 minutes – checking often
6. Store in a refrigerator for 7-10 days

Source: https://lilluna.com/healthy-egg-muffins