



Cheesy Bacon Egg Muffins

Description

Ingredients list for the Cheesy Bacon Egg Muffins Recipe

- 5 large eggs
- 1/4 lb (125g) crisp-cooked bacon, crumbled
- 1 cup grated cheddar, or any cheese you like
- Salt and fresh cracked pepper, to taste
- 1/2 teaspoon Italian seasoning and 1/2 teaspoon crushed chili pepper flakes (optional)

Cheesy bacon egg muffins recipe

Egg muffins are just like mini frittatas! They can be cooked ahead of time and refrigerated for when you need a quick, convenient grab-and-go breakfast or snack. But nothing prevents you from enjoying a warm egg muffin fresh out of the oven for a brunch with family or friends, too!

How to make egg muffins

The method for making egg muffins is simple and stays the same whatever ingredients you put in the mix: Preheat your oven to 400°F (200°C), Break eggs in a bowl, and beat them with salt and pepper. Add in your garnish “ here we have cheese, bacon, pepper, and Italian herbs “ and give a quick stir. Divide the egg mixture into greased muffin cups and bake in the oven until set, about 10 to 15 minutes depending on the size of your egg muffins.

Directions

1. To make the cheesy bacon egg muffins: Preheat your oven to 400°F (200°C). Grease a 6 count muffin pan with oil or non-stick cooking spray. Set aside. In a large mixing bowl, crack in eggs and

whisk together with salt and black pepper.

2. Stir in cooked bacon, cheddar cheese, Italian seasoning, and red chili pepper flakes (if using). Divide evenly into muffin cups filling each about 2/3 full. Top with more bacon and cheese if you like. Bake the **egg muffins** in preheated oven for 12-15 minutes, or until set. Allow to cool a bit and serve your cheesy bacon egg muffins immediately, or enjoy cold, or at room temp.

Tips for the cheesy bacon egg muffins recipe

- Grease your muffin tin properly so the egg muffins don't stick to the pan. You can also use cupcake liners to prevent egg muffins from sticking.
- The egg muffins will puff up while they bake in your oven. So fill them only 3/4 of the way up to prevent overflowing.
- Let your bacon egg muffins cool down a little before removing them from the muffin pan.

How to customize the egg muffins?

The **egg muffins recipe** is versatile enough so you can customize with what you have on hand in the refrigerator! Some nice additions would be:

- Sauteed mushrooms
- Leeks
- French onions
- Spinach
- Olives
- Bell peppers

How long to keep the egg muffins leftovers?

You can keep the egg muffins for up to 3 days in an airtight container in your refrigerator. Reheat gently in the microwave, or enjoy at room temperature. Keep in mind that the egg muffin can become spongy after reheating. It's always better to eat them quickly.

Can we freeze egg muffins?

Yes! Let the **baked egg muffins** cool completely, then wrap individually in plastic wrap and pop them in a freezer-safe ziplock bag. They will last for up to 2 months in the freezer. To reheat, remove from the plastic wrap and heat in the microwave in 15-second increments until the frozen egg muffins are thawed and warmed through.

Category

1. High Protein Recipes

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