

# Egg Muffins

*From Low Carb JC Members Nancy and Kathy*

## NANCY'S VERSION:

### INGREDIENTS

9 eggs  
1 cup mozzarella cheese  
dash of garlic powder  
dash of onion powder  
pinch of Himalayan salt  
black pepper to taste

**OPTIONS:** I added some homemade chunky hot sauce and sprinkled with cheddar cheese on top.

**MORE OPTIONS:** In past batches, I have also added bacon and approx.  $\frac{1}{4}$  cup of coconut flour, diced green pepper and some jalapenos. You really can make them "your own!"

### INSTRUCTIONS

Spray or butter your muffin pans and fill each cup  $\frac{2}{3}$  full.  
Bake at 350 degrees for 18 min.



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## KATHY'S VERSION:

### INGREDIENTS

9 eggs  
1 cup cheese  
dash of garlic powder  
salt & pepper to taste  
 $\frac{1}{4}$  cup coconut flour (optional)

**OPTIONS:** Chopped veggies, onion, pepper, mushrooms. Chopped meats, cooked ham, bacon, or sausage.

### INSTRUCTIONS

Spray or butter your muffin pans and fill each cup  $\frac{2}{3}$  full.  
Bake at 350 degrees for 18 min.

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