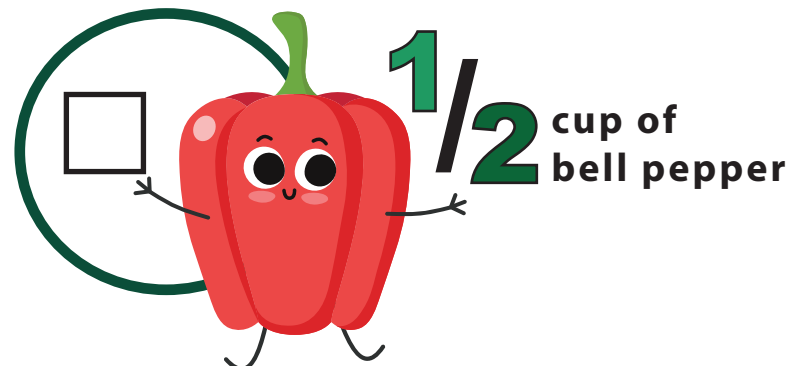
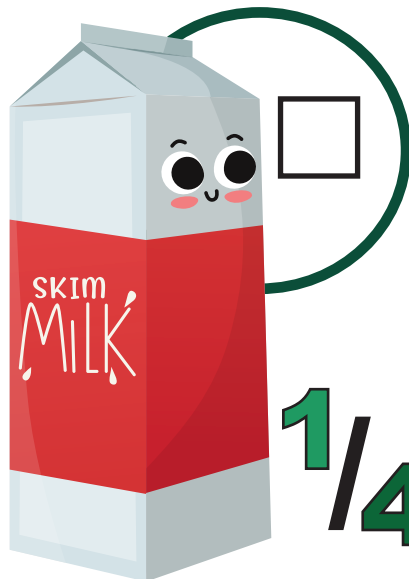
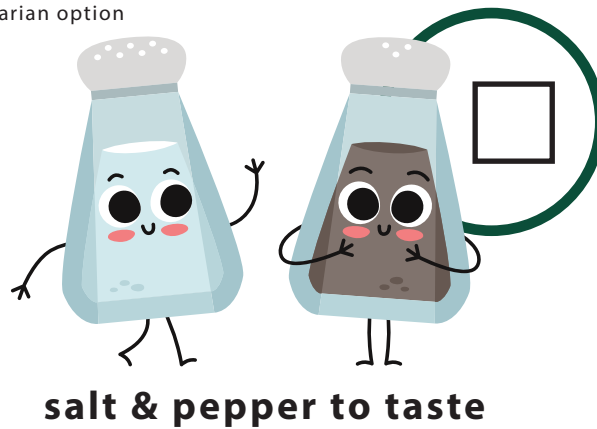
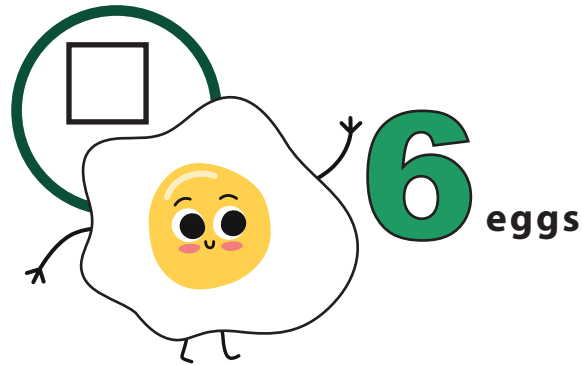
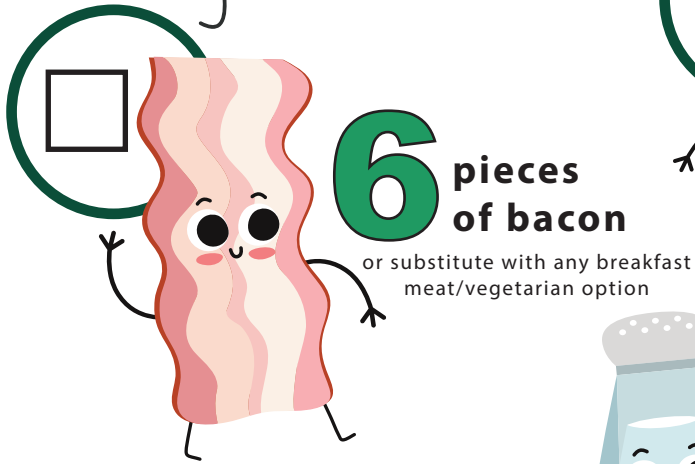
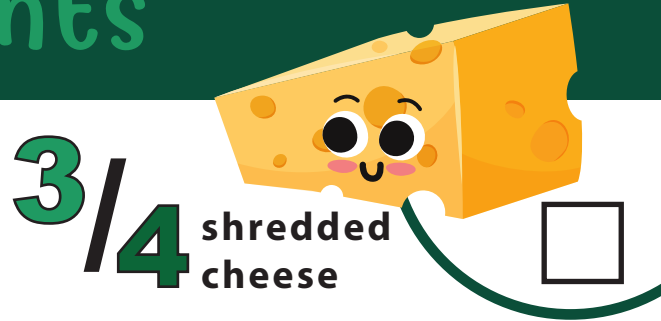


# How to Make Egg Muffins

**Directions:** Check off the black boxes as you collect the ingredients and complete direction steps.

## Ingredients



# Directions

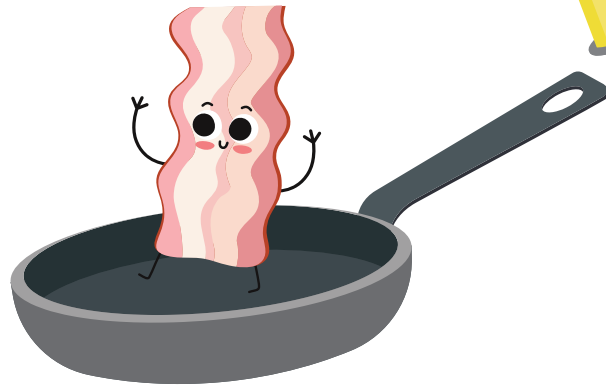
- 1** With the help of an adult, preheat oven to 350°.



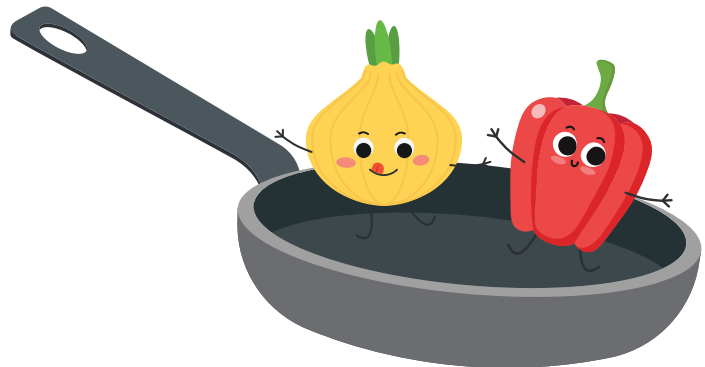
- 2** Grease a 6-cup muffin tin with olive oil cooking spray.



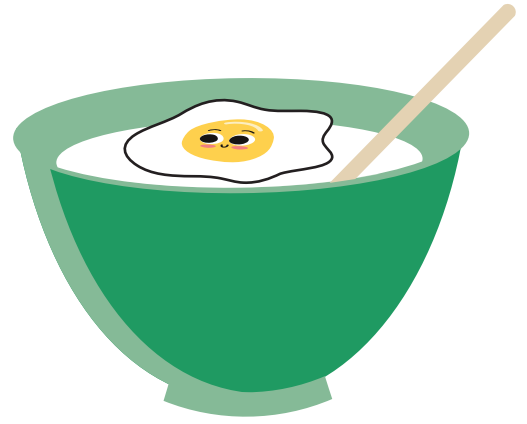
- 3** In a large nonstick skillet cook bacon until crispy, remove from pan and blot well with paper towel. Crumble 1 piece of bacon into each muffin cup.



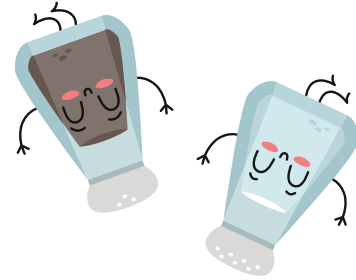
- 4** Add chopped bell pepper and onion in the skillet and saute for approximately 5 minutes. Spoon cooked bell pepper and onion into the muffin tin on top of the bacon.



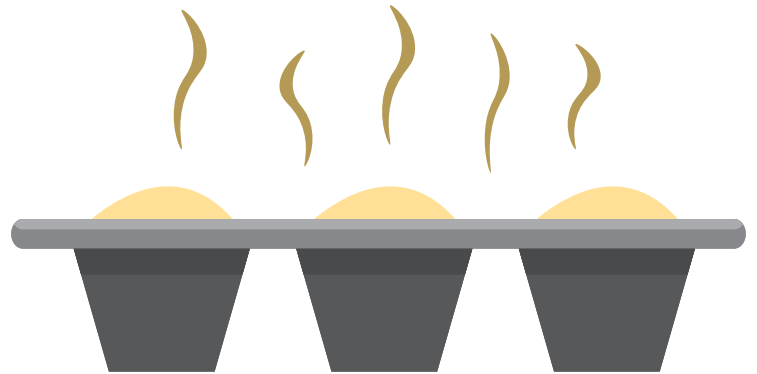
- 5** In a small bowl, add eggs and milk. Whisk well and pour mixture into the prepared muffin tin. Make sure to leave room for cheese.



- 6** Add 2 tablespoons of mixture to each muffin then season with a little pepper and salt.



- 7** Bake egg muffins on 350° for 25 minutes.



- 8** Remove from oven and allow egg muffins to cool for X minutes before enjoying!

- 9** If you have leftovers, transfer into an airtight container and store in the fridge. To reheat, place your egg muffin in the microwave for 1 minute. Pair your egg muffin with some fresh fruit!

