

Easy broccoli, cheese and egg muffins

Ingredients

- Olive oil cooking spray
- 1 cup broccoli, chopped
- 8 eggs
- 1/4 cup unsweetened coconut, soy or almond milk
- 2 teaspoons thyme
- 1/2 teaspoon sea salt
- 1 teaspoon pepper
- 3/4 cup Monterey Jack shredded cheese



Directions

1. Preheat oven to 350° F.
2. Spray a 12-cup muffin tin with cooking spray.
3. Add broccoli to the muffin tin.
4. Whisk eggs, milk, thyme, salt and pepper in a large bowl.
5. Spread egg mixture evenly into the muffin tin, filling each spot about 3/4 full.
6. Top each muffin with cheese.
7. Bake for 20 minutes.

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