

Mini Omelettes

Ingredients

8

1/4 cup

1/2 cup

1.5 cups

eggs

milk

cheese of your choice

Your favorite combination of ingredients, eg:
spinach, ham, kale,
mushrooms, onion, leek,
garlic, sausage, olives,
bell peppers, zucchini,
tomato, baked squash, etc



Instructions

1. Preheat oven to 350 degrees F. Spray muffin tins.
2. In a large bowl, whisk eggs and milk until fluffy.
3. Mix in your favorite ingredients. Pour into muffin tins.
4. Top each omelette with cheese.
5. Bake 20-30 minutes or until toothpick comes out clean.

Makes 10-12 mini omelettes.