

# Loaded Baked Omelet Muffins

These easy, mini baked omelets are perfect to make ahead for the week.

PREP TIME:10 mins | COOK TIME:20 mins | TOTAL TIME:30 mins | YIELD: 6 servings

## Ingredients

- nonstick cooking spray
- 9 large whole eggs
- ¼ teaspoon kosher salt
- black pepper
- 3 strips cooked chopped bacon or 1 can coked ham
- 3 tablespoons thawed frozen spinach (drained)
- 3 tbsp diced tomatoes
- 3 tbsp diced onion
- 3 tbsp diced bell pepper
- 2 oz shredded cheddar

## Instructions

1. Preheat the oven to 350F. Spray the muffin tins with cooking spray.
2. In a large bowl whisk the eggs, season with salt and pepper.
3. Mix in the remaining ingredients.
4. Fill and place tins on a cookie sheet and bake 20 to 25 minutes, until set.