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www.jilltiffany.com

Jill Tiffany, CN, CPT

Nutritionist & Trainer

612.466.0024



Breakfast Egg Muffins

(makes 6 muffins)

- Put 1 Tblsp regular rolled oats in each muffin cup.
- Add 1 Tblsp blueberries to each cup.
- Add 1 tsp chopped nuts to each cup.
- Beat together 4 large eggs, 1 tsp cinnamon, 1 Tblsp maple syrup, pinch of Himalayan salt. Pour egg batter evenly over top of each muffin cup.

Bake at 350 degrees for about 22 min; until egg is set.

This is a great recipe to experiment with! Try different fruits, nuts, spices (i.e. nutmeg), or use honey instead of maple syrup.

Love cinnamon? Add more! Cinnamon has anti-viral properties and it helps control blood sugar levels.

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