

# OMELET MUFFINS

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Makes 3 servings covering your protein, fat, and ½ cooked vegetables



## INGREDIENTS

6 eggs  
6 slices uncured turkey bacon  
1.5 cup chopped vegetables (peppers, onions, mushrooms, tomatoes, etc.)  
6 tbsp heavy cream (can use Greek Yogurt if Maintenance)  
Pink Himalayan salt and ground black pepper, to taste

## DIRECTIONS

Preheat oven to 350°F degrees. Grease muffin tins with coconut or avocado oil. Whisk the eggs. Stir in the rest of the ingredients. Spoon into muffin cups. Bake for 18-20 minutes or until toothpick comes out clean.