

# E G G M U F F I N S

## Ingredients

12 Eggs  
Cooking Spray  
Salt  
Pepper

## Cooking Tools

Oven  
Whisk  
Large Bowl  
12 cup muffin/cupcake tin  
Timer

## Directions

- Preheat oven to 350 degrees
- Lightly Spray a 12 cup muffin/cupcake tin with nonstick cooking spray
- In a large bowl, whisk together 12 eggs
- Add 1/2 teaspoon of salt and pepper to large bowl
- Mix well
- Pour whisked eggs into muffin tin until each section is 3/4 full
- Place tin in oven
- Bake for 20-25 minutes, until eggs are set in tray
- Let cook until they can easily be removed from cooking tin
- Enjoy!