

Low-carb Egg Muffins



Craving some muffins, bake these simple and effortless keto egg muffins that please kids & adults the same!

Ingredients for 2 serving (US/Metric)

- 3.5 *pieces* **Eggs**
- 34g / 1.2oz **Salami, pork**
- 16g / 0.6oz **Scallions**
- 40g / 1.4oz **Cheese, cheddar**

Nutrition (US/Metric)

- **Protein:** 26%
- **Fat:** 71%
- **Net carbs:** 2%

Instructions

1. Set the oven for preheating at 350°F (175°C).
2. Grease a silicone muffin pan with butter or place non-stick baking cups in the muffin slots.
3. Beat the eggs along with pesto and salt pepper seasoning. Also, add the cheese and mix well.
4. Layer the greased muffin slots with scallions & chorizo at the bottom.
5. Top with the beaten egg mixture.
6. Place the pan in the oven and bake for 15-20 minutes. (*the time will vary as per the muffin pan's size)
7. Take the pan out of the oven, cool for a few minutes and take the muffins out into a serving dish.