



# Egg Recipes

## Fresh Steps Bacon McMuffins

### INGREDIENTS

- 1 Cheddar and Bacon Egg Scramble Meal Starter
- 1 Whole Large Egg
- 1 tbsp water
- 1 tbsp Sour Cream
- 1 tbsp rolled oats
- $\frac{1}{4}$  cup onion
- 1 Slice Turkey Bacon (crumbled)
- Salt/Pepper to taste

### DIRECTIONS

- 1 Preheat the oven to 350 degrees.
- 2 In a small mixing bowl, combine Egg Meal Starter, water and 1 whole egg- whisking mixture until smooth.
- 3 Add sour cream, chopped onions and rolled oats to egg mixture. Mix altogether and set aside.
- 4 Place turkey bacon on a nonstick skillet and cook until well done. Set aside.
- 5 Spray muffin baking pan with nonstick cooking spray and distribute egg mixture evenly 4 ways.
- 6 Use salt and pepper sparingly to season.
- 7 Distribute crumbled turkey bacon to the 4 different egg "muffins."
- 8 Place the muffin pan in the oven and cook for 15-20 minutes.



**Nutrition: Calories: ~250 calories • 11 grams fat • 14 grams carbohydrate • 5 grams fiber • 24 grams protein**

**40% fat, 22% cho, 38% protein**



**Super Food:** The antioxidants that are found in onions is what assists in lowering one's chance of developing heart disease, cancer and/or diabetes.