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Easy Keto Breakfast Egg Muffins

More than anything, these protein-packed keto egg muffins are for anyone who loves the satisfying combination of cheesy eggs, sweet potatoes, and bacon.

YIELD

Makes 12 muffins

PREP TIME

10 minutes to 15 minutes

COOK TIME

12 minutes to 14 minutes

INGREDIENTS

Cooking spray or olive oil

1 1/2 cups shredded sweet potato (from about 1 medium potato)

1 cup shredded sharp cheddar cheese (about 4 ounces)

6 cooked strips sugar-free bacon, crumbled

10 large eggs

1/4 cup half-and-half

1 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

1

Arrange a rack in the middle of the oven and heat to 400°F. Generously coat a 12-well standard muffin tin with cooking spray or olive oil. Divide the shredded sweet potato, cheese, and bacon evenly between the muffin wells.

2

Place the eggs, half-and-half, salt, and pepper in a large bowl and whisk until the eggs are completely incorporated. Pour into the muffin wells, filling each 1/2 to 3/4 full.

3

Bake until the muffins are set and lightly browned around the edges, 12 to 14 minutes. Place the pan on a wire rack and let cool for 2 to 3 minutes. Run a butter knife around each cup to loosen the muffins before removing them from the pan. Serve warm or cool completely on a wire rack before refrigerating or

freezing.

RECIPE NOTES

Storage: Refrigerate leftovers in an airtight container for up to 3 days or freeze on a parchment paper-lined sheet pan. Once frozen, transfer to a freezer zip-top bag and freeze for up to 3 months.