

Bacon and Egg Cups



Ingredients:

- 12 slices bacon
- 8 eggs
- ½ cup shredded cheddar cheese
- pinch of salt
- ¼ tsp black pepper

Method:

1. Preheat oven to 350 degrees.
2. Whip the eggs, salt, pepper and cheese with a fork.
3. Spray non stick spray in 12 muffin tins.
4. Wrap each piece of bacon inside the sides of each muffin cup
5. Fill each bacon lined muffin cup 3/4 of the way with the egg mixture.
6. Bake for 30-35 minutes, until the egg cups are golden brown and do not jiggle.
7. Use a knife to scoop them out of the tins. Serve immediately.