

## Mediterranean Egg Muffins: A Healthy, Flavorful Breakfast On-the-Go

healthy, protein-packed breakfast



**OVEN**  
**375°F**

**TIME**  
**10 mins**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

- 6 large eggs
- ... cup milk (or unsweetened almond milk for dairy-free)
- ‰ cup crumbled feta cheese
- ‰ cup sun-dried tomatoes, chopped
- ... cup Kalamata olives, chopped
- ... cup red bell pepper, finely diced
- ... cup spinach, chopped
- 2 tablespoons fresh basil or parsley, chopped
- ‰ teaspoon dried oregano
- ‰ teaspoon garlic powder
- ... teaspoon black pepper
- ... teaspoon salt

Olive oil spray (for greasing muffin tin)

How to Make Mediterranean Egg Muffins:

#### 1. Preheat & Prep:

Preheat your oven to 375°F (190°C).

Lightly grease a 12-cup muffin tin with olive oil spray or use silicone muffin liners for easy removal.

#### 2. Whisk the Eggs:

In a large bowl, whisk together eggs, milk, salt, black pepper, oregano, and garlic powder until well combined.

#### 3. Add the Mediterranean Flavors:

Stir in feta cheese, sun-dried tomatoes, Kalamata olives, red bell pepper, spinach, and basil.

#### 4. Fill the Muffin Cups:

Divide the egg mixture evenly among the 12 muffin cups, filling each about  $\frac{3}{4}$  full.

#### 5. Bake Until Set:

Bake for 18-20 minutes, or until the egg muffins are firm and slightly golden on top.

Let them cool for a few minutes before removing from the tin.

#### 6. Serve & Enjoy:

Enjoy warm or store them in an airtight container for meal prep.

#### Pro Tips & Variations:

##### What to Serve with Mediterranean Egg Muffins:

Greek Yogurt & Honey - A creamy, slightly sweet contrast.

Avocado Toast - A healthy and satisfying side.

Fresh Fruit Salad - Adds natural sweetness and balance.

A Green Smoothie - For an extra nutrient boost.

FAQs (From My Kitchen to Yours):

## DIRECTIONS

1. **Preheat & Prep:** Preheat your oven to 375°F (190°C).
2. **Lightly grease a 12-cup muffin tin** with olive oil spray or use silicone muffin liners for easy removal.
3. **Whisk the Eggs:** In a large bowl, whisk together eggs, milk, salt, black pepper, oregano, and garlic powder until well combined.
4. **Add the Mediterranean Flavors:** Stir in feta cheese, sun-dried tomatoes, Kalamata olives, red bell pepper, spinach, and basil.
5. **Fill the Muffin Cups:** Divide the egg mixture evenly among the 12 muffin cups, filling each about  $\frac{3}{4}$  full.
6. **Bake Until Set:** Bake for 18-20 minutes, or until the egg muffins are firm and slightly golden on top.
7. **Let them cool** for a few minutes before removing from the tin.
8. **Serve & Enjoy:** Enjoy warm or store them in an airtight container for meal prep.
9. **Pro Tips & Variations:** ? Dairy-Free Option - Omit feta or use dairy-free cheese.
10. ? Want more protein? Add cooked turkey sausage or diced chicken.
11. ? Love spice? Sprinkle in red pepper flakes or chopped jalapeños.
12. ? Prefer a milder flavor? Swap Kalamata olives for black olives and reduce the sun-dried tomatoes.
13. ? Make them fluffier! Add ... teaspoon baking powder to help them rise more.
14. **What to Serve with Mediterranean Egg Muffins:** These muffins are delicious on their own, but you can also pair them with:

15. Greek : Yogurt & Honey - A creamy, slightly sweet contrast.
16. Avocado : Toast - A healthy and satisfying side.
17. Fresh : Fruit Salad - Adds natural sweetness and balance.
18. A Green : Smoothie - For an extra nutrient boost.
19. FAQs (From My Kitchen to Yours): Q: Can I make these ahead of time?A: Yes! Store in the fridge for up to 5 days or freeze for up to 2 months. Reheat in the microwave for 30-40 seconds.
20. Q: Can I use egg whites instead of whole eggs?A: Absolutely! Use 8 egg whites instead of 6 whole eggs for a lighter version.
21. Q: What's the best way to prevent sticking?A: Use silicone muffin liners or generously grease the muffin tin with olive oil spray.
22. Q: Can I make these into a frittata instead?A: Yes! Pour the mixture into a greased 9-inch baking dish and bake at 375°F for 25-30 minutes.
23. Why You'll Love This Recipe: These Mediterranean Egg Muffins are a savory, healthy, and easy breakfast that's packed with flavor and nutrition. They're perfect for meal prep, low-carb and high-protein, and filled with delicious Mediterranean ingredients like feta, sun-dried tomatoes, and olives.
24. Make a batch today and enjoy a grab-and-go breakfast that's both nutritious and delicious! Let me know how they turn out-I'd love to hear your favorite add-ins!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/mediterranean-egg-muffins-a-healthy-flavorful-breakfast-on-the-go/>