

Mediterranean Egg Muffins: A Flavor-Packed, Healthy Breakfast On-the-Go

quick, protein-packed breakfast



OVEN
375°F

TIME
10 min

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INGREDIENTS

- 6 large eggs
- ... cup milk (or dairy-free alternative)
- $\frac{1}{2}$ teaspoon salt
- ... teaspoon black pepper
- ... teaspoon dried oregano
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ cup crumbled feta cheese
- $\frac{1}{2}$ cup fresh spinach, chopped
- ... cup sun-dried tomatoes, chopped
- ... cup Kalamata olives, sliced
- 1 tablespoon olive oil (for greasing the muffin tin)

How to Make Mediterranean Egg Muffins:

1. Preheat the Oven:
2. Whisk the Eggs:
3. Add the Mediterranean Mix-ins:
4. Fill the Muffin Cups:
5. Bake Until Set:
6. Cool and Serve:

My Best Tips for Perfect Egg Muffins:

Use silicone muffin liners - They make removing the muffins super easy.

Don't overbake - Check for doneness at 18 minutes to keep them soft and fluffy.

Customize with veggies - Try adding bell peppers, mushrooms, or red onions.

Make them dairy-free - Swap the feta for dairy-free cheese or nutritional yeast.

What to Serve with Mediterranean Egg Muffins:

With avocado toast - A great way to add healthy fats.

As a side with a salad - Perfect for a light Mediterranean-style lunch.

With a dollop of tzatziki or hummus - Adds a cool, creamy contrast.

Alongside fresh fruit - A well-rounded breakfast option.

FAQs:

DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 375°F (190°C). Lightly grease a 12-cup muffin tin with olive oil or use silicone muffin liners for easy removal.
- 2.** Whisk the Eggs: In a large bowl, whisk together the eggs, milk, salt, pepper, oregano, and garlic powder until well combined.
- 3.** Add the Mediterranean Mix-ins: Stir in the feta cheese, chopped spinach, sun-dried tomatoes, and sliced Kalamata olives.
- 4.** Fill the Muffin Cups: Evenly distribute the egg mixture into the prepared muffin tin, filling each cup about $\frac{3}{4}$ full.
- 5.** Bake Until Set: Place the muffin tin in the oven and bake for 18-20 minutes, or until the eggs are fully set and slightly golden on top.
- 6.** Cool and Serve: Let the egg muffins cool for 5 minutes, then gently remove them from the tin. Serve warm, or store them for later!
- 7.** My Best Tips for Perfect Egg Muffins: Use silicone muffin liners - They make removing the muffins super easy.
- 8.** Don't overbake - Check for doneness at 18 minutes to keep them soft and fluffy.
- 9.** Customize with veggies - Try adding bell peppers, mushrooms, or red onions.
- 10.** Make them dairy-free - Swap the feta for dairy-free cheese or nutritional yeast.
- 11.** What to Serve with Mediterranean Egg Muffins: These muffins are delicious on their own, but here are a few ways to enjoy them:

12. With avocado toast - A great way to add healthy fats.
13. As a side with a salad - Perfect for a light Mediterranean-style lunch.
14. With a dollop of tzatziki or hummus - Adds a cool, creamy contrast.
15. Alongside fresh fruit - A well-rounded breakfast option.
16. FAQs: Can I make these egg muffins ahead of time?Yes! Store them in an airtight container in the fridge for up to 5 days. Reheat in the microwave for 30 seconds before eating.
17. Can I freeze egg muffins?Absolutely! Let them cool completely, then freeze in a single layer in a zip-top bag for up to 3 months. Reheat from frozen in the microwave for 60-90 seconds.
18. Can I use fresh tomatoes instead of sun-dried tomatoes?Yes! Fresh cherry tomatoes work well, but sun-dried tomatoes add a more intense flavor.
19. These : Mediterranean Egg Muffins are a flavor-packed, nutritious, and easy-to-make breakfast option. Whether you're meal prepping for the week or need a quick, healthy snack, these muffins are sure to become a staple in your kitchen.
20. Give them a try and let me know how they turn out!

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

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