



# Breakfast

## Individual Omelets

### Directions:

1. Beat eggs with water, salt and pepper
2. Spray silicon cupcake holders with pam and place in cupcake/muffin pan
3. Fill each holder about  $\frac{1}{2}$  to  $\frac{3}{4}$  full with egg mixture
4. Add omelet toppings of choice- such as diced ham and cheese, sautéed onions and peppers, rotel, sausage, etc.
5. Cook at 425° for 12-15 minutes