



Mouthwatering Crab and Egg Muffins

INGREDIENTS

3 eggs	¼ cup mayonnaise
2 TBS Mustard	½ tsp hot sauce
2 TBS Worcestershire sauce	2 tsp Old Bay seasonings
Salt and pepper to taste	3 TBS parsley: finely chopped
¼ lemon, zested and juiced	1 lb crab meat (lump, claw or tail)

DIRECTIONS

Preheat oven to 350°F. In a large mixing bowl mix the egg, mustard, Worcestershire sauce, salt, pepper, lemon, mayonnaise, hot sauce, Old Bay and parsley. Squeeze the excess water out of the crab meat before folding it into the other ingredients. Don't over mix. Grease the muffin tin. Divide mixture into the cups of a large muffin pan. Bake until golden brown on the top, about 30 minutes. Let cool before removing from muffin pan. Makes 8 crab and egg muffins; 115 calories each.