Preheat oven to 400 degrees. Lightly grease a muffin pan or insert liners. Coarsely chop the scrambled eggs and meat. In a medium-sized bowl, stir together the flour, baking powder, salt, dry mustard, and black pepper. Stir in $\frac{3}{4}$ cup of the cheese, the cooked eggs and protein.

Whisk together the milk, oil, and egg. Stir the liquids into the dry ingredients just until blended. Divide batter evenly among the muffin. Sprinkle remaining cheese on top.

Bake for 20-25 minutes until lightly browned.