

HEALTHY BREAKFAST MUFFINS

Packed with veggies

Time

25 mins

Serves

12

Calories (per serving)

50

Carbs (per serving)

3g

Fat (per serving)

2g

Protein (per serving)

4g

Ingredients

- 1 tablespoon olive oil
- 1 cup red pepper (chopped)
- 1 cup green pepper (chopped)
- 1 cup yellow onion (chopped)
- 2 cups baby spinach (roughly chopped)
- 1 cup of mushrooms
- 2 cloves garlic (minced)
- salt (to taste)
- 4 whole eggs
- 4 egg whites
- hot sauce (optional for drizzling on top!)



Method

Preheat oven to 350°F (180°C).

Grease a standard non stick 12-slot muffin pan with cooking spray and set aside.

Heat a large non stick skillet over medium heat.

Once hot, add in oil, red pepper, green pepper and onion, saute 5-7 minutes, or until peppers are tender.

Add in spinach and mushrooms and cook for an additional 2 minutes.

In the last 30 seconds, add in minced garlic.

Season with salt and remove from heat.

Crack eggs/egg whites into a large 4 cup measuring cup and whisk together.

Stir in cooked veggies.

Pour the egg/veggie mixture evenly into the prepared muffin pan.

Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked. Serve.

Leftovers can be stored in an airtight container in the fridge for approx. 4 days.