



EASY EGG MUFFINS

Recipe

Prep time: 10 minutes

Cooking time: 15 minutes

Servings: 12

Ingredients

- 1 tbsp olive oil
- 2 cups chopped mixed peppers (red, yellow, orange, or green)
- 1/2 cup chopped onion
- 1 cup chopped mushrooms
- 2 cups chopped spinach
- salt & pepper to taste
- 4 whole eggs
- 1/2 cup egg whites (approx 4 eggs)

NOTES:

These are great to make ahead of time and just reheat in the morning. Have one or two with a slice of toast and you are good to go!

A great way to get in some protein and veggies. Pair with a slice of toast or have as a snack.

Directions

- Preheat oven to 350F
- Spray a muffin tin (12) with cooking spray and set aside
- Heat a frying pan over medium heat
- When hot add in oil, peppers and onions
- Saute and once done, add in the spinach and mushrooms. Cook for about 2 minutes.
- Season with salt & pepper or any other herbs you like.
- Add all eggs to a bowl and whisk together
- Add in and stir the veggie mixture to the eggs
- Pour the mixture into the muffin tin
- Bake for 15-20 minutes