

## ► NOURISHING YOU



READ TIME:  
3 MINUTE



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# Healthy Breakfast Egg Muffins

## Ingredients:

- 1 cup lightly packed baby spinach chopped
- ¾ cup finely diced red bell pepper
- ¾ cup finely diced green bell pepper
- ¾ cup quartered cherry tomatoes or ¼ cup chopped sun-dried tomatoes
- 6 large eggs
- 4 large egg whites
- ¼ teaspoon kosher salt
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- Pinch ground black pepper
- ¼ cup crumbled feta cheese
- Optional toppings: avocado

## Instructions:

1. Place a rack in the center of your oven and preheat to 350 degrees F. Lightly coat a standard 12-cup muffin tin with nonstick spray. Divide the spinach, red bell pepper, green bell pepper, and tomatoes among the cups (they will be about two-thirds of the way full).
2. In a large bowl or large measuring cup with a spout (it makes the mixture easy to pour), briskly whisk together the eggs, egg whites, salt, basil, oregano, and pepper until well combined. Carefully fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the feta evenly over the tops of the cups.
3. Bake for 24 to 28 minutes, until the egg muffins are set. Let cool for a few minutes, and then run a butter knife around the edges of each muffin to loosen. Remove them from the pan and enjoy immediately, or let cool on a wire rack and refrigerate or freeze for later.

## Recipe Notes:

Store leftover egg muffins in an airtight container or ziptop bag in the refrigerator for up to 3 days or individually wrap and freeze for up to 3 months. Reheat gently in the microwave (once thawed

or directly from frozen) until hot and warmed through to the center, about 30 seconds (from thawed) or 1 or so minutes (from frozen), depending upon your microwave.

This recipe is incredibly flexible. Feel free to swap the listed veggies for the same amount of any other diced vegetable or cooked, diced meat. If the vegetables are very firm, such as carrots or sweet potatoes, I recommend cooking and cooling them first before adding them to the cups.

## Nutrition Information:

Amount per serving (1 muffin) -  
Calories: 70, Fat: 3g, Saturated Fat: 1g,  
Cholesterol: 96mg, Sodium: 148mg,  
Carbohydrates: 3g, Fiber: 1g, Sugar: 2g,  
Protein: 8g ■



Photo Credit: WellPlated.com

## ► FOOD FOR THOUGHT

"I DON'T COUNT MY SIT-UPS; I ONLY START COUNTING WHEN IT STARTS HURTING BECAUSE THEY'RE THE ONLY ONES THAT COUNT." -MUHAMMAD ALI