## NOURISHING You





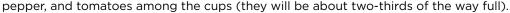
# **Healthy Breakfast Egg Muffins**

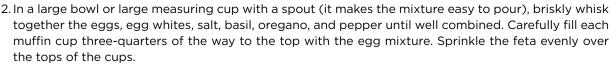
#### **Ingredients:**

- 1 cup lightly packed baby spinach chopped
- <sup>3</sup>/<sub>4</sub> cup finely diced red bell pepper
- <sup>3</sup>/<sub>4</sub> 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
- 1/4 teaspoon kosher salt
- ¼ teaspoon dried basil
- 1/4 teaspoon dried oregano
- Pinch ground black pepper
- ¼ cup crumbled feta cheese
- Optional toppings: avocado

#### **Instructions:**

 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



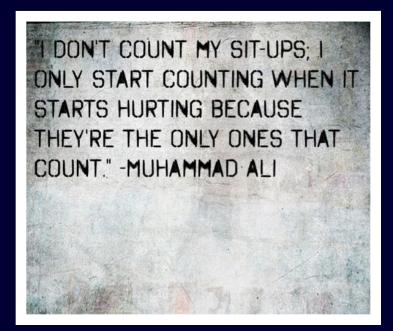


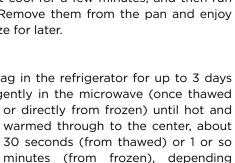
3. Bake for 24 to 28 minutes, until the egg muffins are set. Let cool for a few minutes, and then run a butter knife around the edges of each muffin to loosen. Remove them from the pan and enjoy immediately, or let cool on a wire rack and refrigerate or freeze for later.

### **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

## FOOD FOR THOUGHT





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:**

upon your microwave.

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

