VEGGIE EGG MUFFINS

Here's a sweet and savory muffin we think you'll love! Loaded with lots of veggies (but hardly noticeable), low fat, great for breakfast or as a healthy snack, and a great post workout carb to help replenish your muscles

Ingredients:

- 1T olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, minced
- ½ zucchini, shredded
- 1 red bell pepper, chopped
- 8 large organic eggs
- 2 cups arugula, roughly chopped
- ¼ cup shredded Parmesan cheese
- Salt and pepper, to taste



Directions:

Preheat oven to 375 degrees. Coat a muffin tin with spray and set aside.In a large skillet on medium heat, drizzle olive oil and saute onion and garlic for about 4 minutes until tender and fragrant. Add in zucchini and red bell pepper, cooking an additional 2 minutes. Fill each muffin tin about half full with veggie mixture. In a large bowl, whisk together eggs, arugula, cheese and salt/pepper and fill each muffin tin evenly, being careful not to over-fill. Bake muffins for about 20 minutes, until they've risen and are slightly browned. Makes 12 muffins. Enjoy!

NUTRITION PER SERVING:

Serving Size: 1 muffin • Calories: 75 • Fat: 5 g • Saturated Fat: 12 g • Carbs: 3g • Fiber: 1g • Protein: 5g • Sugar: 1g

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