PROTEIN PACKED EGG MUFFINS

**Ingredients**

- 1 tablespoon olive oil
- 1 cup red pepper measured after chopping
- 1 cup green pepper measured after chopping
- 1 cup yellow onion measured after chopping
- 2 cups baby spinach - roughly chopped measured/packed before chopping
- 1 cup mushrooms measured before chopping
- 2 cloves garlic minced
- Salt to taste
- 4 whole eggs
- 4 egg whites
- Hot sauce optional for drizzling on top!

**Instructions**

Preheat oven to 350 degrees F.

Grease a standard 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.

Cool slightly and serve immediately!

Leftovers can be stored in the fridge for about 4 days.

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**Nutritional Value**

- Calories 50
- Calories from Fat 18 %
- Daily Value*
  - Fat 2g 3%
  - Cholesterol 62mg 21%
  - Sodium 47mg 2%
  - Potassium 161mg 5%
  - Carbohydrates 3g 1%
  - Sugar 1g 1%
  - Protein 4g 8%
- Vitamin A 995IU 20%
- Vitamin C 28.5mg 35%
- Calcium 20mg 2%
- Iron 0.6mg 3%

* Percent Daily Values are based on a 2000 calorie diet.