

Egg & Zucchini Muffins

Serves: 6 Servings

NUTRITIONAL INFORMATION

Serving Size: 2 muffins • Calories: 123 • Fat: 3.1 g • Saturated Fat: 0.7 g • Carbs: 3.5 g • Fiber: 1 g • Protein: 15.8 g • Sugar: 1.5 g

INGREDIENTS

- 14 egg whites
- 4 whole eggs
- 4 green onions, chopped
- 2 carrots, shredded
- ½ red bell pepper, minced
- ½ zucchini, shredded
- ½ tsp. dried basil
- ¼ tsp. dried oregano
- Sprinkle of sea salt and pepper, to taste

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Coat a muffin tin with spray and set aside.
2. Combine veggies in a large bowl and fill each muffin tin about ¾ full. Whisk eggs and seasonings in a large mixing bowl and using a ⅓-cup measuring cup, scoop egg mixture and fill each muffin tin to the top.
3. Bake muffins for 30 minutes, until they've risen and are slightly browned. Enjoy!