

RECIPE

SCRAMBLED EGG MUFFINS

INGREDIENTS

- 2 cups vegetables (washed and diced) (broccoli, red or green bell pepper, onion)
- 6 eggs
- 1/4 teaspoon salt
- 1/4 tsp ground black pepper
- 1/4 teaspoon garlic powder
- 1/2 cup low fat cheddar cheese, shredded
- Cooking spray

NUMBER OF SERVINGS

6

TIME TO PREPARE

15 min

TIME TO COOK

20-25
min

TOOLS NEEDED

- medium sized bowl
- whisk
- muffin tin
- knife and cutting board

PROCEDURE

1. Preheat oven to 350°F. Spray muffin tin with cooking oil.
2. Wash and dice the vegetables.
3. Add the diced vegetables to the muffin tin.
4. Beat the eggs in the medium with the whisk. Stir in the salt, pepper, and garlic powder.
5. Pour the eggs into the muffin tin to cover the diced vegetables.
6. Bake for 20-25 mins. Remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin into the oven.
7. Bake until the temperature reaches 160°F or a knife inserted near the center comes out clean.