



**Easy Egg Breakfast Muffins**

**4 SERVINGS (3 MUFFINS PER SERVING)**

Nutrition Facts per Serving:

Calories: 259 Protein (g): 19

Fat (g): 13 Carbohydrate (g): 15

# Ingredients:

|  |  |
| --- | --- |
| 2 | Bell peppers |
| 6 | Green onions |
| 10-12 | Cherry tomatoes |
| 12 | Eggs |
| ½ - ¾ cup | Shredded cheddar cheese |
| 2 cups | Spinach leaves |
|  | Salt and pepper, to taste |
|  |  |

**Instructions:**

1. Preheat oven to 390°F.
2. Wash and dice the peppers, onions, and tomatoes and put them in a large mixing bowl.
3. Add the eggs, cheese, spinach, and salt to the bowl. Mix well.
4. Grease the muffin tin and pour the egg mixture evenly into the muffin slots.
5. Bake for 15-18 minutes or until the muffins are firm to the touch.