

Fun, Fast, and Festive Egg Muffins

Lean protein, fiber, and “color” are the keys to a satisfying and nourishing breakfast. Research has shown that those who select eggs for breakfast may eat 1/3 less calories through the day! Often we don’t take the time for a hot breakfast, but with these little treats we now have no excuse. Make these on the weekend and heat up in minutes during the workweek— pair with sprouted toast, fruit, or left over potato! Store in an airtight container and they will last 4-5 days! Happy breakfasting! ☺ ~ Julie

Serves 8 (makes ~16 muffins= 2 per serving)

14-16 whole eggs (use 7 whole eggs & 7-9 just egg white)

**See note under “nourishing nuggets”*

3-4 Tbsp. of milk

1 small zucchini - grated

½ large tomato – chopped

2-4 Tbsp. red onion- chopped

2 tsp. garlic – minced

½ cup chopped spinach

1 tsp. oregano

Salt/pepper to taste

½ cup fresh grated Parmesan cheese

Nourishing “Nuggets”:

- Use whatever veggies you like best to customize to your eating style
- I use more egg whites in order to increase the protein content per muffin. If you prefer you can use whole eggs.
- Feta cheese also works well in this recipe.

Directions:

1. Preheat oven to 375 degrees. Generously spray muffin tin with olive oil.
2. Whisk the eggs with the milk, oregano, salt, and pepper.
3. Stir in the veggies and cheese.
4. Fill muffin tins ~3/4 full. The eggs will puff up so don’t overfill the cups all the way to the top!
5. Bake at 375 F for 15-30 minutes or until the eggs are cooked on top.
6. Remove from oven and let cool slightly for a few minutes. Scoop out and set on wire rack to let cool.
7. Enjoy! *Once cooled, transfer to a container with a lid and place in refrigerator for up to 4-5 days.*

