

Egg Muffin Bites

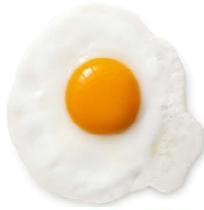
Serving Size: 2 Egg Muffins

Number of Servings: 6

Cook Time: 15-20 minutes

BASE

4 eggs
4 egg whites
1 cup of chopped onion
1/4 teaspoon of salt



TOPPING COMBINATIONS:

Tomato Spinach Mozzarella

1 cup fresh spinach
1/4 cup shredded mozzarella
1 tomato, diced and drained



Asparagus & Cheddar

1 tomato, diced and drained
1-2 green onion, sliced thinly
3-4 stalked asparagus, finely diced
1/3 cup cheddar cheese



Pepper, Spinach, & Onion

1 cup of baby spinach
1 cup sliced mushrooms
1 cup red bell pepper
1 cup green bell pepper
2 cloves of minced garlic



DIRECTIONS

1. **Preheat oven to 350°F.** Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, **whisk together eggs and egg whites. Season with salt, to taste.**
3. Chop your red pepper, green pepper and onions (remember knife safety!) and sauté over medium heat for 5-7 minutes.
4. Chop spinach and mushrooms. Add in and cook for 2 minutes.
5. Add minced garlic in the last 30 seconds.
6. Mix eggs and sautéed vegetables together to create egg mixture.
7. Fill up the **greased** muffins tins with **egg mixture.**
8. **Bake for 20 minutes.**
9. Serve **OR** store in an airtight container in the refrigerator for up to 4 days **OR** in the freezer for up to 3 months **AND** reheat when ready to serve
10. Enjoy

RECIPE COST	
Total Cost*	\$14.61
Cost per Recipe	\$6.24
Cost per Serving	\$1.04
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	2 egg muffins
Calories	102
Fat	5.3 g
Saturated Fat	1.3 g
Sodium	165 mg
Carbohydrate	6.46 g
Fiber	1.6 g
Sugar	3.27 g
Protein	7.4 g