



## Egg Muffin

Yield: 3 servings

Modified From: [www.superhealthykids.com](http://www.superhealthykids.com)

### Ingredients:

- 6 large egg
- 1/4 cup skim milk
- 1 medium bell pepper, diced
- 3/4 cup fresh spinach, chopped or 1/2 cup frozen chopped spinach
- 1 oz shredded cheddar cheese
- Pepper, to taste

### Directions:

1. Spray muffin tin with cooking spray and set aside. Preheat oven to 375°F.
2. In a medium bowl whisk eggs and milk. Stir in bell pepper, spinach and cheese. Season with pepper.
3. Fill muffin cups 3/4 full and bake for 20-25 minutes or until centers are set and no longer runny.

NOTE: Make ahead and store in refrigerator for quick breakfast.

### Nutrition information:

Serving size: 2 egg muffins

Calories: 191

Fat: 13g

Sodium: 214mg

Carbohydrates: 4g

Sugar: 2g

Fiber: 1g

Protein: 20g