

These healthy egg muffin cups are loaded with vegetables and are super easy to make. With just 81 calories per muffin, you can make them ahead and have them as a healthy breakfast or a snack.

INGREDIENTS:

- 1/2 tbsp olive oil
- 1 red bell pepper (chopped)
- 1 green bell pepper (chopped)
- 1 white onion (chopped)
- 1/2 cup baby spinach (chopped)
- 1/2 cup broccoli (chopped)
- 1 clove garlic (minced)
- salt and black pepper to taste
- 3 large eggs
- 3 egg whites



INSTRUCTIONS:

1. Preheat the oven to 350F (180C). Grease the standard muffin pan with cooking spray.
2. Heat up a skillet and add olive oil. Now, add red bell pepper, green bell pepper, and white onion. Cook for 7 minutes until peppers are soft.
3. Add baby spinach, broccoli, and cook for another 2 minutes or so. Finally, add garlic and cook for another 30 seconds or so. Finally, season with salt and pepper.
4. Whisk the eggs and egg whites, and stir in the vegetables. Then pour it into a muffin pan.
5. Finally, bake for 15-20 minutes until muffins are firm to touch.

NUTRITION INFORMATION:

Yield: 6 muffins Serving Size: 1 muffin

Amount Per Serving: Calories: 81 Total Fat: 3.7g Saturated Fat: 1g Trans Fat: 0g Unsaturated Fat: 2.3g Cholesterol: 93mg Sodium: 167mg Carbohydrates: 6.1g Net Carbohydrates: 4.5g Fiber: 1.6g Sugar: 2.9g Protein: 6g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.