



# Easy Egg Muffins



These egg muffins are a protein packed delicious breakfast snack that will keep you full until lunch. This is a simple Sunday meal prep that freezes well and microwaves in 2 minutes and 30 seconds. good for the whole week!

Prep time: **15 Min.** Cook time: **22 Min.** Yield: **12 servings**

## Ingredients

- 1 tablespoon** Extra– virgin olive oil (for pan)
- 2 cups** Diced red bell pepper, about 2 medium peppers
- 1/2 cup** Chopped scallions or **1/2** medium yellow onion
- 9** Large eggs
- 1** garlic clove, grated
- 1/2 teaspoon** Sea salt (heaping teaspoon)
- Ground black pepper (to taste)
- 3 tablespoons** All-purpose flour
- 3/4 teaspoon** Baking powder
- 1/3 cup** Feta cheese, crumbled (recommended)

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 muffin (72g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 145mg	<b>48%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

Preheat oven to 350°F.

Grease a muffin tin with olive oil, evenly divide the peppers and scallions among the muffin cups.

In a large bowl, whip the eggs until stiff. Add garlic salt, sea salt and pepper, then sprinkle the flour and baking powder on top. Whisk well to combine. It's ok if a few clumps of flour remain in the mixture.

Divide the egg mixture evenly into the muffin cups (about 1/4 cup in each one). Sprinkle the feta cheese on top.

Bake for 22 to 24 minutes, or until the eggs are set. Let cool before removing from pan.

## Storage

Store in the freezer in a Ziplock freezer bag. Reheat as needed.