

EGG MUFFINS

1-2 tbsp olive oil
8 eggs
1/2 cup low-fat shredded cheese
2 cups chopped vegetables
Salt and Pepper, to taste

Preheat the oven to 375F.

Heat a little oil in a large skillet. Saute the veggies until they are soft, about 5-6 minutes. Coat muffin tin lightly with olive oil to grease the pan. Divide veggies evenly in muffin tins. Set Aside.

In mixing bowl, whisk the eggs until combined. Season with salt and pepper. Pour eggs over vegetables. Sprinkle cheese on top of egg.

Bake for about 12-15 minutes, or until eggs are well set and cheese is golden brown.

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