



## Egg Muffins

### Ingredients:

- “All Whites” liquid egg whites
- No stick cooking spray
- Your choice of chopped veggies:

Broccoli

Low Fat/Fat Free Cheese

Zucchini

Mushrooms

Fresh Salsa

Turkey bacon

Onions

Spinach

Tomatoes

Peppers

Scallions

- Optional: Spices/Seasonings

Crushed Red Pepper

Garlic Powder

Mrs. Dash Garlic & Herb

Onion Powder

Pepper

Salt Substitute

### Directions:

1. Preheat oven to 350 degrees.
2. Spray a 6-muffin tin with no stick cooking spray.
3. Add 6 tablespoons (about 1/3 cup) of liquid egg whites so that it is just below the top to allow for room for the vegetables.
4. Add desired vegetables. I recommend 1 tablespoon per chopped vegetable and stir slightly.
5. Optional: Add a dash of spices/seasonings
6. Bake for 20-25 minutes and poke with fork to see if done.

Makes 6 muffins

### Nutrition Facts:

Serving size: 2 egg muffins (does not include vegetables, just egg whites)

*\*Remember if you have just one, cut the below nutrition facts in half.*

*With veggies, calories should not be more than 200 calories total for 2 muffins.\**

Calories: 100

Fat: 0 g

Carbs: 0 g

Protein: 20 g