Veggie-Powered Egg Muffins

Protein-packed egg muffins loaded with fresh vegetables, perfect for a low-carb, high-protein breakfast or snack.

Servings: 2 **Time:** 30 minutes

Ingredients

- 6 large eggs
- 1/4 cup chopped spinach
- 1/4 cup diced bell peppers (red or green)
- 1/4 cup chopped mushrooms
- 2 tablespoons diced red onion
- 2 ounces shredded low-fat cheddar cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- Cooking spray

Instructions

1. Preheat the oven to 350°F.
2. In a large bowl, whisk the eggs until smooth.
3. Add chopped spinach, bell peppers, mushrooms, red onion, shredded cheese, salt, pepper, and paprika. Mix well.
4. Spray a 6-cup muffin tin with cooking spray.
5. Pour the egg mixture evenly into each muffin cup.
6. Bake for 18-20 minutes, or until the egg muffins are set and lightly golden.
7. Let the muffins cool slightly before removing from the tin.
8. Serve warm or store in the refrigerator for up to 4 days.

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