

# Mini Egg 'Muffins'

## Ingredients

- 1 1/2 cups egg substitute
- 1/4 cup nonfat milk
- 1/8 tsp salt
- 1/8 tsp black pepper, ground
- 1 medium bell pepper, diced
- 3/4 cup fresh spinach, chopped
- 1/4 cup shredded cheddar cheese



## Directions

1. Spray a mini muffin tin with cooking spray and preheat oven to 375 degrees F.
2. Whisk eggs and milk together in a bowl, add salt, pepper, vegetables, and shredded cheddar.
3. Fill 24 mini muffin cups  $\frac{3}{4}$  full and bake for 20-25 minutes until muffins are cooked through.

**Nutrition Facts:** Serving Size: 3 mini 'muffins'; Calories: 45; Calories from Fat: 10; Total Fat: 1g; Saturated Fat: 1g; Sodium: 160 mg; Total Carbohydrate: 3g; Dietary Fiber: 0g; Added Sugars: 0g; Protein: 6g; Vitamin D: 1mcg; Calcium: 72mg; Iron: 1mg; Potassium: 150mg