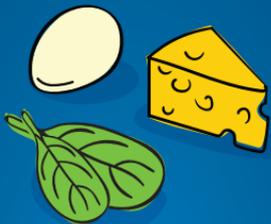


VEGGIE EGG MUFFINS

Prep Time: 10-15 minutes | Cooking Time: 30 minutes

Makes 24 muffins



Ingredients

- 3 cups **mixed vegetables** of your choice (peppers, mushrooms, spinach, etc.)
- 1 clove **garlic**, minced
- ½ cup **onion**, diced
- 1 cup **cheddar cheese**, shredded
- 12 large **eggs**
- ¾ cup **milk** (dairy or non-dairy)
- ¾ cup plain **Greek yogurt**
- ½ teaspoon **black pepper** and **salt** to taste

Directions

1. Preheat oven to 350°F.
2. Spray 2 (12-cup) muffin tins with nonstick cooking spray.
3. Wash and chop vegetables of choice to bite-size pieces. You can use frozen then thawed veggies to help speed up this step.
4. In a medium-size bowl, combine chopped veggies, garlic, onion and shredded cheese.
5. Divide the vegetable mixture throughout the muffin tins.
6. In a large bowl, mix eggs, milk, yogurt, and salt and pepper.
7. Pour the egg mixture evenly into each muffin cup over the top of the vegetable mixture.
8. Bake 25 to 30 minutes or until set.
9. Remove egg muffins from cups and serve warm or let cool completely and refrigerate/freeze.

If freezing, it is best to wrap each egg muffin individually in plastic wrap to help prevent freezer burn. Then place all individually wrapped egg muffins in a freezer bag. Best if used within 2 to 3 months.

