

Clean Egg & Zucchini Muffins (Copy)

This recipe really is the perfect clean breakfast that you can easily make ahead of time and grab to on the go in the mornings that will give you energy and lots of nutrition. These egg muffins also keep well in the fridge for up to one week OR you can feel free to freeze them.

🕒 Preparation 15 minutes 🕒 Total 45 minutes 12 muffins

Ingredients

or	or
14 egg whites	½ red bell pepper, minced
or	or
4 whole eggs	½ zucchini, shredded
or	or
4 green onions, chopped	½ tsp. dried basil
or	or
2 carrots, shredded	¼ tsp. dried oregano

Cooking method

- 1
Preheat oven to 375 degrees F. Coat a muffin tin with spray and set aside.
- 2
Combine veggies in a large bowl and fill each muffin tin about $\frac{2}{3}$ full. Whisk eggs and seasonings in a large mixing bowl and using a $\frac{1}{3}$ -cup measuring cup, scoop egg mixture and fill each muffin tin to the top.
- 3
Bake muffins for 30 minutes, until they've risen and are slightly browned. Enjoy!