



## Egg Muffins ( ES )

Serving: 6

Non Veg

### *Ingredients*

- Spinach - 15-20 leaves
- Red bell pepper - 1/2 chopped
- Yellow bell pepper - 1/2 chopped
- Cherry tomato - 6
- 3 egg whole
- 2 eggs white
- 1/4 tsp oragano
- 1/2 - feta cheese

### *Preparation Method*

- Preheat the oven to 350 F . Lightly coat 6-cup muffin tin with nonstick spray. Divide the spinach, red bell pepper, green bell pepper, and tomatoes among the cups.
- whisk together the whites, salt, pepper and oregano. Fill each muffin cup with the mixture. Sprinkle the feta over the tops of the cups.
- Bake for 25 to 30 minutes
- ready