



PROTEIN-PACKED EGG MUFFINS



2 SERVINGS



25 MINS

CALORIES
220

PROTEIN
20G

FATS
15G

CARBS
3G

INGREDIENTS

- 10 large eggs
- ¼ cup milk (dairy or plant-based)
- 1 cup spinach, chopped
- ½ red bell pepper, diced
- 4 slices turkey bacon, cooked and crumbled
- ¼ cup feta cheese, crumbled
- 2 green onions, sliced
- 1 tsp dried oregano
- ¼ tsp red pepper flakes (optional)
- Salt and pepper to taste

METHOD

1. Preheat oven to 350°F (175°C). Grease a 12-cup muffin tin.
2. In a large bowl, whisk together eggs and milk.
3. Stir in spinach, bell pepper, turkey bacon, feta cheese, green onions, oregano, red pepper flakes, salt, and pepper.
4. Divide the mixture evenly among muffin cups, filling about ¾ full.
5. Bake for 20-25 minutes until eggs are set and slightly puffed.
6. Let cool for 5 minutes before removing from the tin.
7. Store in an airtight container in the refrigerator for up to 4 days.