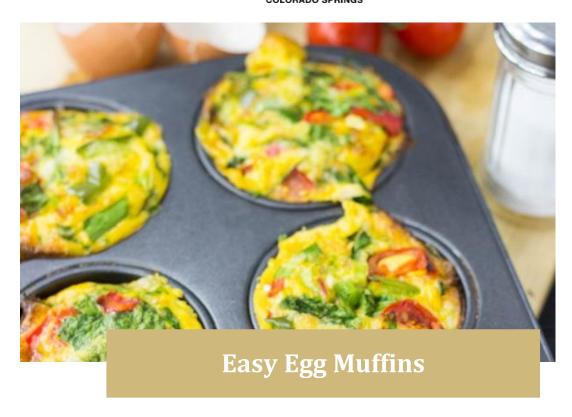
## **INGREDIENTS**

- 6 Eggs, whisked
- ½ cup Milk
- Salt and Pepper
- 1 cup Shredded Cheese
- ¼ cup Bell Pepper, chopped
- ¼ cup Spinach, shredded
- 2 tbsp Red Onion, chopped

## **DIRECTIONS**

- 1. Preheat oven to 350°F. Spray muffin tins with cooking spray.
- 2. Chop red pepper, spinach and red onion. Sauté in olive oil over medium heat.
- 3. Whisk eggs in a large bowl with milk, salt and pepper.
- 4. Evenly divide sautéed veggies in muffin tins. Then pour eggs on top, dividing evenly. Sprinkle cheese on top.
- 5. Place in oven and bake for 25 minutes or until firm.
- 6. Remove from oven and let cool for 2-3 minutes before removing from muffin tin. Serve warm or transfer to cutting board to cool completely. Store in refrigerator for up to 1 week.
- 7. Reheat in microwave.





Gluten Free | High Protein | Vegetarian |

Yield: Prep Time: Cook Time: 6 Servings 15 Min 25 Min