

## INGREDIENTS

- 6 Eggs, whisked
- Salt and pepper, to taste
- 1 c Shredded Swiss Cheese
- ¼ cup Green Bell Pepper, chopped
- ¼ cup Mushrooms, chopped
- ¼ cup Onion, chopped

## DIRECTIONS

1. Preheat oven to 350°F. Spray muffin tins with cooking spray, make sure entire muffin holder is sprayed or muffins will be extremely hard to get out.
2. Chop green pepper, mushrooms, and onion.
3. Sauté all vegetables in olive oil over medium heat.
4. Whisk eggs in a large bowl with salt and pepper. Add ½ cup milk if want a fluffy consistency.
5. Evenly divide sautéed veggies in muffin tins. Then pour eggs on top, dividing evenly. Sprinkle cheese on top.
6. Place in oven and bake for 18 minutes or until firm.
7. 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 fridge for up to 1 week and reheat in microwave.



## Veggie and Mushroom Muffin

*Gluten Free | High Protein | Vegetarian |*

Yield:  
6 Servings

Prep Time:  
15 Min

Cook Time:  
20 Min