ATHLETE

Egg Muffin Cups

12 servings 35 minutes Maddie Workman

Ingredients

Non-stick cooking spray
24 eggs
3 cups veggies, chopped

Optional: 12 english muffins

Serving: 1 egg muffin
Calories: 146 kcal
Carbohydrates: 2g
Protein: 12g
Fat: 9.5g

Instructions

1. Preheat oven to 350 degrees.
2. Spray a muffin tin with non-stick cooking spray.
3. Fill each muffin hole with roughly 1/4 cup of chopped veggies.
4. In a large bowl, use a whisk or fork to scramble eggs.
5. Pour egg mixture into each muffin hole.
6. Bake for 20-25 minutes until egg is firm.

NOTE: Enjoy on a toasted english muffin with a side of fruit!

@mealprepwithmaddie