

Grab & Go Egg Muffins

Makes 6; active prep 5-10 minutes; total time 35 minutes

YOU WILL NEED

- 6 eggs
- 1/2 shallot, thinly sliced
- 1/2 cup roasted peppers, chopped small
- 2 TBL sundried tomatoes, chopped small
- 2 TBL finely shredded hard cheese, like parmesan or romano (I sub'd pesto)
- 1/2 cup plain Greek or Icelandic yogurt
- salt & pepper to taste

PROCEDURE

Preheat oven to 350F. In a large bowl, whisk all ingredients together. Generously grease muffin tins or line with paper liners and fill to the top.

Tip: place muffin tin on baking pan in case some of the egg mixture spills.

Bake for 20-25 minutes, checking for doneness. Centers may appear a bit wet, but will continue cooking after you take them out of the oven.

Let cool in pan for 5 min, then move muffins to a cooling rack. Enjoy!



WANT MORE HEALTHY
RECIPES AND FITNESS
TIPS?

Sign up [HERE](#) for our
newsletter and follow us!

