

SMOKED TOFU BREAKFAST EGG MUFFINS



COURSE: BREAKFAST, LUNCH, OVEN RECIPES CUISINE: VEGETARIAN

TIME: MAX 30 MIN CALORIES: 150 - 450 KCAL

DIET: DAIRY-FREE, GLUTEN-FREE PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES TOTAL TIME: 30 MINUTES

SERVINGS: 3 (1 SERVING IS 4 MUFFINS) CALORIES: 298KCAL

INGREDIENTS

- 6 eggs
- 1 leek
- 2 small onion
- 6 oz smoked tofu (6oz = 160g)
- ½ cup cheddar cheese, grated
- ½ tsp salt
- 1 tsp olive oil

INSTRUCTIONS

1. Preheat the oven to 200°C/390°F.
2. Chop the **tofu** into tiny squares. Chop the **leek** and dice the **onion**.
1 leek, 6 oz smoked tofu, 2 small onion
3. In a mixing bowl whisk the **tofu, leek, onion, grated cheese, eggs** and **salt** together.
6 eggs, ½ cup cheddar cheese, grated, ½ tsp salt
4. Grease the muffin slots with **olive oil**. Pour the mix evenly into the muffin slots.
1 tsp olive oil
5. Bake for 20 minutes on 200°C/390°F.
6. Breakfast egg muffins are ready!

NUTRITION

Calories: 298kcal | Carbohydrates: 11g | Protein: 22g | Fat: 19g | Saturated Fat: 7g | Trans Fat: 1g | Cholesterol: 347mg | Sodium: 640mg | Potassium: 262mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1159IU | Vitamin C: 7mg | Calcium: 284mg | Iron: 3mg