



Easy Pesto Breakfast Muffins

Makes 12 (Serves 4)

1 tbsp. butter
1 onion, diced
3.5 oz. (100g) diced cremini mushrooms
1 red bell pepper, diced
2.1 oz. (60g) spinach, chopped
8 large eggs
2 fl oz. (60ml) milk
3 tbsp. pesto
¾ tsp. sea salt
¼ tsp. black pepper
4.3 oz. (120g) crumbled feta cheese (reduced fat)

What you need to do

Preheat the oven to 350°F (180°C). Grease a 12 hole muffin pan, or use paper liners.

Add the butter to a skillet and sauté the onion, mushrooms and bell pepper until softened. Add the spinach and cook until wilted.

In a bowl, whisk together the eggs, milk, pesto, salt and pepper.

Divide the vegetables and feta equally between each muffin cup, and pour over the egg mixture.

Place the muffin tray into the hot oven and bake for 18 minutes until the eggs are set.

Once baked, set aside to cool slightly before serving.

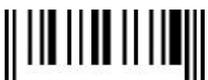
This recipe makes 12 muffins and serves 4 portions, giving 3 muffins per serving. Nutritional breakdown is per 3 muffins.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	300	20	9	21	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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