

Egg White & Veggie Muffins

Makes 12 muffins

Ingredients

- 3 TBSP of 100% Liquid Egg Whites (per muffin pan opening) – vegan egg options at most grocery stores.
- Your favorite omelette veggies (slivered carrots, mushrooms, cooked brocolli, diced tomatoes, etc.)

. Instructions

- Preheat oven 350 degrees
- Fill each muffin pan opening half way with your favorite omelette veggies.
- Measure out 3 TBSP of 100% liquid egg whites and pour in each muffin pan opening
- Place muffin pan inside oven for 23-25 minutes.
- Let muffins cool 5 minutes before eating. These muffins stay fresh up to a week – just grab and reheat for easy meal or snack!