

# Veggie & Cheese Egg Muffins

Yield: 22 Muffins



## Ingredients

### Vegetable Mixture

- 1 1/2 Tablespoons Canola Oil
- 1 Cup Yellow Onion, Diced
- 1 Cup Bell Pepper, Diced
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper

### Egg Muffin Mixture

- 2 Cups Liquid Eggs
- 1/2 Cup NF Greek Yogurt, Plain
- 1/2 Cup LF Cottage Cheese
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1/4 Teaspoon Paprika
- 1 1/2 Teaspoons Garlic Powder
  
- Shredded Cheese, for topping

## Preparation Instructions

1. Preheat oven to 350°F.
2. Line a muffin tray with silicone muffin cups and spray with nonstick spray. Set aside.
3. In a pan over medium heat, add canola oil. Once hot, cook onions, bell peppers, salt, and pepper until softened and almost all of the liquid has cooked off. Set aside.
4. In a blender, combine liquid eggs, plain NF Greek yogurt, LF cottage cheese, and spices. Blend until smooth.
5. Place approximately 1 tablespoon of veggie mixture in the bottom of each cup. Pour egg mixture in each cup about 3/4 of the way full. Top with a sprinkle of shredded cheese.
6. Bake for 12-15 minutes until internal temperature reaches 165°F. Rotate half way through baking. Enjoy!
7. Egg muffins can be stored in the fridge up to one week or frozen for 2 months.

