



Egg Muffins

Ingredients:

- ¼ cup egg beaters
- 1 tsp cheese
- 1 sliced tomato
- ¼ cup spinach (chopped)

Instructions:

1. Preheat oven to 350.
2. Mix all ingredients together in a bowl.
3. Coat a 12 cup muffin pan with cooking spray.
4. Use a tablespoon or ladle to evenly distribute mixture into each cup of the muffin pan.
5. Bake for 20-25 minutes or until a knife inserted in center comes out clean.
6. Cool and serve.

Nutritional Information:

- Servings: 1
- Servings size: 1 muffin
- Calories: 54 kcal
- Carbohydrates: 3.7 g
- Sugar: 1.4 g
- Protein: 7.8 g
- Fat: 0.8 g
- Saturated Fat: 0.4 g
- Unsaturated Fat: 0 g
- Cholesterol: 2.5 mg
- Fiber: 0.5 g
- Sodium: 142.6 mg