

BREAKFAST

Savoury Breakfast Muffins

INGREDIENTS

- 2 eggs
- 1 egg white
- 1/2 red pepper, finely chopped
- 1 cup baby spinach, roughly chopped
- Pinch of garlic salt (optional)
- salt and pepper to season

METHOD

- Preheat the oven to 200c.
- Spray a muffin tin with cooking oil.
- In a bowl, whisk the eggs, egg whites, salt, pepper and garlic powder. Add the veggies and stir.
- Pour the egg mixture into the 3-4 muffin tins and bake 15-20 minutes, until cooked through.



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THE
MENOPAUSE