



Zucchini & Goat Cheese Egg Muffins

6 servings
20 minutes

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	101
Fat	7g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	8g
Cholesterol	189mg
Sodium	216mg
Vitamin A	335IU
Vitamin C	6mg
Calcium	41mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
- 2 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 3 In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
- 4 Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- 5 Let cool slightly before serving. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to three days. Freeze for up to two months.

Serving Size, One serving equals one egg muffin.

More Flavor, Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings, Top with green onions or sliced tomatoes.