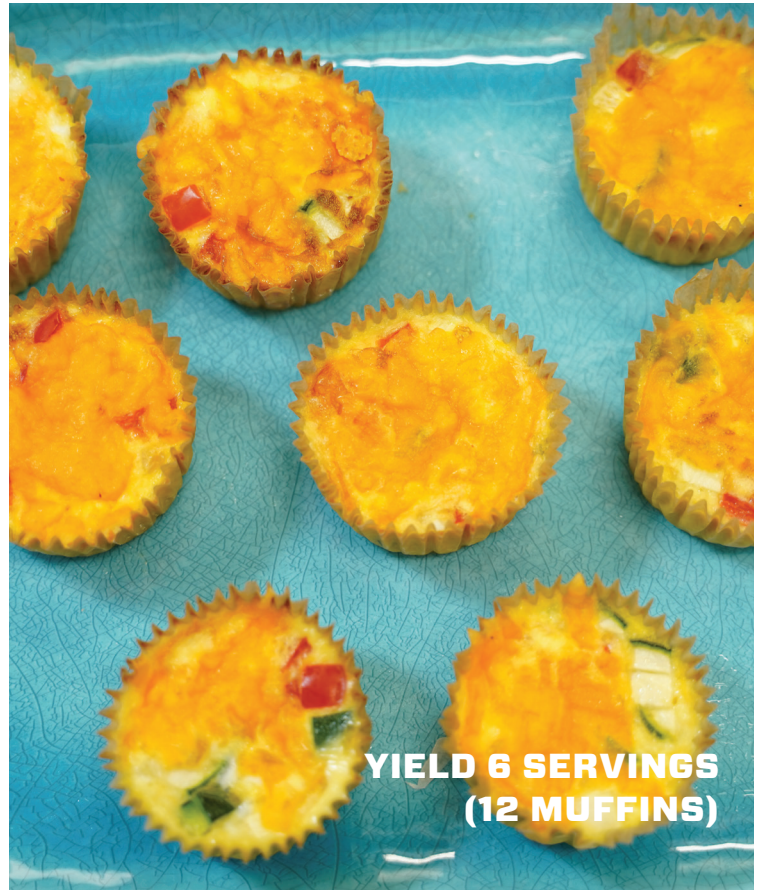


VEGETABLE EGG MUFFINS

DIRECTIONS

- 1** Preheat oven to 350° F.
- 2** Beat eggs, milk, salt and pepper until well blended.
- 3** Add cheese and vegetables, mix well.
- 4** Spoon into 12 greased muffin tins, about 1/4 cup each.
- 5** Bake 20-22 minutes.
Cool five minutes before removing from cups.



INGREDIENTS

- 6 eggs
- 1/2 cup milk
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 cup shredded cheddar cheese (4 oz.)
- Chopped zucchini, red bell pepper, onion

CALORIES

164

FAT

11G

SODIUM

296MG

CARBOHYDRATE

3G

DIETARY FIBER

0G

PROTEIN

12G