

# Egg and Veggie Quinoa Muffins



## Ingredients

- 2 cups cooked quinoa (about 3/4 cup uncooked)
- 2 eggs
- 2 egg whites
- ½ cup shredded carrot
- 1 cup shredded cheese
- 1/2 chopped roasted red pepper
- 1 cup chopped fresh spinach
- 2 green onions, chopped
- salt & pepper

## Directions

- Preheat oven to 350 degrees. Combine all ingredients in a large bowl and mix to combine. Liberally spray a mini muffin tin with non-stick spray and spoon mixture to the top of each cup. Bake for 15-20 minutes, or until the edges of the cups are golden brown. Let cool for at least 5 minutes before removing from the muffin tin.
- To freeze: Place baked cups on a baking sheet then freeze until solid and transfer to a freezer bag. Microwave for 20-40 seconds depending on how many you're reheating.
- For regular-sized muffin tins: Bake for 25-30