

Paleo Egg Muffins

Yield: 20 – 24 muffins

Serving Size: 2 muffins

Ingredients

- 1 lb. ground turkey sausage
- 2 medium peppers (red, green or yellow)
- ½ small onion, chopped (red or white)
- 4 handfuls spinach, ripped into pieces
- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- Salt and pepper to taste
- 1 32 oz. container liquid egg whites
- Non-stick spray

Directions

1. Preheat oven to 350° and spray muffin tins with non-stick spray.
2. Heat skillet to medium high heat and brown turkey sausage until cooked through, breaking up into small crumbles.
3. Combine turkey sausage, peppers, onion, spinach, and spices in a mixing bowl.
4. With a spoon, scoop turkey sausage mixture evenly into muffin tins.
5. Pour egg whites on top of mixture, just below the rim of the pan.
6. Bake for 25 minutes or until eggs no longer move when you wiggle the pan.
7. Once they're done, place on a cooling rack for at least 5 minutes and enjoy!

Nutrition: 120 kcals, 3g fat, 4g carb, 18g protein

Source: www.kpcreations.com



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