

# Green Veggie Breakfast Muffins

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

YIELDS: 12 MINI MUFFINS (6 FULL-SIZED MUFFINS)

## Ingredients

- 2 cups raw spinach
- 3 raw eggs
- ½ cup cheddar cheese
- 1 garlic clove, chopped
- ½ onion, chopped
- 1/8 teaspoon each of salt, pepper, garlic powder, onion powder

## Qualities

- Texture: Soft
- Rating for Scent: 3/10
- Spice Level: 0/10

## Recipe Benefits

- Anti-Nausea
- Gluten Free



## Directions

1. In a large food processor, chop the raw kale, spinach, garlic, and onion.
2. Add the cheddar cheese to the chopped ingredients.
3. Chop until finely blended.
4. Add the raw eggs and dry seasonings to the mixture.
5. Preheat the oven to 350F.
6. Grease an oven safe silicone mold or metal pan with nonstick cooking spray.
7. Pour/scoop mixture into each mold, dividing evenly.
8. Bake for 20–25 minutes until the bites become firm.
9. Allow to cool before removing from molds.
10. Serve warm or chilled.



### Nutrition Content for 1 Full-Sized Muffin

Calories: 84kcal	Carbohydrates: 2g
Fat: 6g	Fiber: 0.3g
Protein: 6g	Added sugar: 0g
Sodium: 152mg	

## Chef Tips/Adjustments

- This recipe can be stored in the refrigerator or freezer in a sealed storage bag or container.
- This recipe can be baked into any shape or size! A fun idea is to bake them into creative shapes, such as a dinosaur mold and naming them “green dinos”.
- Vegetables can be adjusted as desired. For example, vegetables such as spinach, shredded carrot, or bell peppers can be added. The onion can be sauteed instead of using raw.
- Other cheeses can be used, including vegan cheeses.