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Egg and Veggie "Muffins"

These egg-and-veggie muffins are a high-protein, easily-transportable food that doubles as breakfast with a side of fruit and coffee, or as a grab-and-go snack between meals. If you use a standard muffin tin, you can make at least 12 muffins at a time, each of them a little bit different to keep your meals interesting.

Prep Time: 30 min. Cook Time: 20 min.

Makes 12 servings

Base Ingredients:

8 large eggs
1/4 diced red onion
1/2 diced red pepper
1/2 diced green pepper
1 tbsp olive oil
Cooking spray
Salt and pepper to taste

Optional Ingredients: Add only a small amount of each ingredient (about a tablespoon total) to each individual muffin tin.

Chopped cooked bacon
Chopped cooked sausage
Diced cooked ham
Shredded cheddar cheese
Crumbled feta cheese
Chopped mushrooms
Chopped spinach

Directions

1. Preheat oven to 350 degrees F.

2. Heat the oil in a skillet over medium-high heat. Add onions and peppers and sauté them until cooked through and set aside. If you plan on adding meat to your muffins, you can cook it in the same unwashed skillet.
3. In a medium-sized bowl, whisk eggs together, adding salt and pepper to taste. When veggies are cooked through, add them to the eggs and mix well.
4. Grease a standard muffin tin with cooking spray, then spoon egg mixture into the tin, distributing equally. Add a tablespoon of optional ingredients to each individual muffin or row of muffins, as desired. For example, add bacon and cheddar cheese to some; feta, spinach, and mushrooms to others.
5. Cook for approximately 15-20 minutes, until the center of each muffin is cooked through. Allow to cool before removing from tin.

2. Banana Chocolate Chip Overnight Oats

Overnight oats are an easy way to prep your breakfast for a week while ensuring a good dose of fiber, protein, and whole grains. You can easily adjust the additional ingredients for a variety of flavors, like replacing the chocolate chips with a tablespoon of peanut butter per jar, or switching out the banana slices for your favorite fresh berry.

Prep Time: 5 min. Cook Time: 0 min.

Base Ingredients (per jar)

- 1/2 cup raw old-fashioned oats, raw
- 1/3 cup milk of your choice (cow's milk, soy milk, almond milk)
- 1/3 cup Greek yogurt
- 1 tbsp honey
- 1 tbsp chia seeds

Additional Ingredients (per jar)

- 2 tbsp chocolate chips
- 1/3 large sliced banana

Directions

1. Layer all ingredients (base and additional) in a Mason jar with a screw-on lid. After fastening the lid, shake the jar to mix.
2. Place jar(s) in refrigerator and allow to sit overnight.
3. Enjoy cold in the morning.