

Easy Quinoa Egg Bites



Experience the delightful fusion of our Egg and Quinoa Breakfast Muffins. These protein-packed and nutritious treats will fuel your morning with a delicious and energizing start. Perfect for a wholesome breakfast!

Preparation 15 min

Cooking 25 min

Servings 12 muffins

Nutrition Facts (per serving)

Calories 100

Fat 5

Carbohydrates 5

Fibre 1

Protein 7

Sodium 100

Ingredients

- 6 beaten eggs
- 250 ml (1 cup) of cooked quinoa
- 125 ml (½ cup) of onion, chopped
- 125 ml (½ cup) of red pepper, chopped
- 250 ml (1 cup) of chopped spinach
- 250 ml (1 cup) of cheddar or swiss cheese, grated

- 15 ml (1 tbsp) of olive oil

Preparation

1. Preheat the oven to 350 °F. Oil the muffin cups.
2. In a bowl, mix all the ingredients (except the oil).
3. Pour the batter in the muffin pan, to the $\frac{3}{4}$ of the cups. Bake in the oven during 22 to 25 minutes. Check if it's ready by inserting a toothpick in the center of the muffin, it should come out clean.
4. Let the muffins cool down 5 minutes before unmoulding. Enjoy!



Chloé Hoff-Paradis – Nutritionniste Diététiste à Sherbrooke
Registered Dietitian Nutritionist in Sherbrooke