



VEGGIE BREAKFAST BAKE

INGREDIENTS

ITEM

Egg Whites
Whole Egg
Spinach
Mushrooms, chopped
Bell Pepper, diced
Salt and Pepper

QUANTITY

1 Cup
1
½ Cup
½ Cup
¼ Cup

OPTIONAL PROTEIN BOOST ADDITIONS:

Cooked Turkey Sausage, crumbled
Diced Grilled Chicken Breast
Smoked Salmon

1

2 Oz.
2 Oz.
2 Oz.

SERVING SIZE

1

PREPARATION

- 👉 Preheat oven to 350°F and lightly grease a small baking dish.
- 👉 In a bowl, whisk egg whites and whole egg until fully combined.
- 👉 Stir in spinach, mushrooms, bell pepper, salt, and pepper.
- 👉 Pour mixture into baking dish and spread evenly.
- 👉 Bake for 25-30 minutes until eggs are fully set and lightly golden on top.
- 👉 Let cool for 5 minutes, then slice into squares and serve.