



LIAM HOWELLS

PERFORMANCE NUTRITIONIST



# Breakfast Muffins



Calories: 256



Carbs: 11



Protein: 25



Fat: 12

SERVINGS: 3

PREPTIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- 6 eggs
- 100 g very low fat cottage cheese with chives
- 3 bacon medallions diced
- 1/2 courgettes grated
- 2 large mushrooms finely chopped
- 1 red onion finely chopped
- Handful of spinach
- Low calorie cooking spray

## Directions

- Pre-heat the oven to 200°C.
- Spray 9 muffin trays with low calorie cooking spray.
- Beat together the eggs and cottage cheese.
- Lightly fry the bacon, grated courgette, mushrooms, red onion and spinach in a pan with a couple of sprays of low calorie cooking spray.
- Mix this with the egg mixture and pour into the prepared muffin trays.
- Cook at 200°C for about 20 minutes until set and golden.