



Swimsuit-Ready in 20 Days: Breakfast Recipes

Egg and Veggie Muffins

1 1/8 cups egg whites

1 3/4 cups broccoli florets, coarsely chopped

3/4 cup diced red and green bell pepper

1/2 cup shredded nonfat mozzarella cheese

4 slices whole grain bread, toasted

Salt and cracked black pepper to taste

Cooking oil spray

1. Preheat the oven to 350 F.

2. Whisk together the egg whites, salt, and pepper. Coat 12 muffin cups with cooking spray. Pour the eggs into the muffin cups, filling each cup halfway. Drop the broccoli and bell pepper into the egg whites, dividing them evenly. Bake for 10 minutes or until the egg begins to set. Remove from the oven and sprinkle cheese over the top of the muffin. Return to the oven and bake until the egg has completely and the cheese is melted golden.

To serve: Slide a knife around the edge of each muffin and unmold onto a cutting board. Cut in half or leave whole. Place on plates and serve with toast.

Servings: 2