

Zucchini and Aged Cheddar Egg Muffins

6 SERVINGS 20 MINUTES



INGREDIENTS

1 Zucchini (peeled, divided)
6 Egg
1/4 cup Water
1/4 tsp Sea Salt
1/4 oz Cheddar Cheese (grated)

NUTRITION

AMOUNT PER SERVING

Calories	82	Iron	1mg
Fat	5g	Vitamin D	41IU
Carbs	1g	Folate	32µg
Fiber	0g	Magnesium	12mg
Protein	7g	Zinc	1mg
Vitamin C	6mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
- 02 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 03 In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
- 04 Top each muffin slot with the zucchini slices and cheddar cheese. Bake for 15 to 18 minutes or until cooked through.
- 05 Let cool slightly before serving. Enjoy!

NOTES

RECIPE ID 300

SCD CHEDDAR CHEESE

Use only cheddar that has been aged at least 30 days. Do not use pre-grated cheese. Use only block cheese and grate the cheese when needed.

SERVING SIZE

One serving equals one egg muffin.