

# Zucchini and Cheddar Egg Muffins

6 SERVINGS 20 MINUTES



## INGREDIENTS

6 Egg  
1 Zucchini (peeled, seeded)  
4 ozs Cheddar Cheese (shredded from block)  
1/4 cup Water  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	153	Iron	1mg
Fat	11g	Vitamin D	46IU
Carbs	2g	Folate	36µg
Fiber	0g	Magnesium	17mg
Protein	11g	Zinc	1mg
Vitamin C	6mg		

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line muffin tin with parchment liners, or use a silicone muffin tin without liners.
- 02 Roughly chop 2/3 of the peeled and seeded zucchini. 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 cheese. Bake for 15 to 18 minutes or until cooked through.
- 05 Let cool slightly before serving. Enjoy!

## NOTES

### RECIPE ID 507

### SERVING SIZE

One serving equals one egg muffin.

### MORE FLAVOR

Add chopped onion, garlic, smoked paprika, and/or spinach.

### ADVANCED SCD STAGES

Leave some or all the zucchini skin and seeds in place.