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# Veggie-Loaded Egg Cups

Prep time: Prep Time: 45 minutes

Servings: 12

Ready for a take on a muffin to impress even the most sophisticated breakfast chef? We love this protein-packed breakfast for making nutritious, satiating eggs so portable. Corn and chiles add oomph. Pair one or two muffins with a banana and you'll have enough energy to last all morning.

Submitted by Pam Anderson â€” [www.threemanycooks.com](http://www.threemanycooks.com)

## Ingredients

12 large eggs

1/2 cup Green Valley Creamery Lactose-Free Kefir

1/4 tsp. salt and ground black pepper

1 cup corn (fresh or frozen) coarsely chopped

1 cup of chopped romanesco (can sub for broccoli or any other preferred veggie!)

1 cup of chopped mushrooms

1/4 cup each: chopped fresh cilantro and thinly sliced scallions

## Instructions

Adjust oven rack to middle position and heat oven to 375Â°. Spray a 12-cup muffin tin (with cups of 1/2 cup capacity) with vegetable cooking spray.

Beat eggs with kefir, salt and several grinds of pepper.

Stir in corn, mushrooms, romanesco and scallions, reserving some of each for the tops.

Pour egg mixture into muffin cups to 2/3 full.

Bake until golden brown and puffy, 18 to 20 minutes. Turn onto a wire rack. Serve.  
(Can be refrigerated for several days; microwave to warm.)

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