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## **Egg White Puffs**

### Ingredients:

Liquid egg whites

Chopped spinach

Chopped bell pepper

Chopped onion

Sea salt and cracked black pepper to taste

### Directions:

1. Preheat oven to 375 degrees.
2. Spray muffin tin with non-stick cooking spray. (I like Pam's olive oil spray).
3. Fill each muffin cup half way with liquid egg whites.
4. Add chopped veggies to each cup until almost full.
5. Bake for 20 minutes.