



Egg, Carrot & Kale Muffins

Makes 6

For the muffins:

4 eggs
1 garlic clove, minced
½ tsp. ground turmeric
2 tbsp. chives, chopped
1 cup (70g) kale, chopped
leaves
1 cup (110g) carrots, grated
¼ cup (40g) feta, crumbled
salt & pepper

For the sauce:

¾ cup (180g) Greek yogurt
2 tbsp. chives, chopped

What you need to do

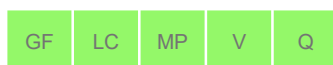
Preheat the oven to 360°F (180°C). Prepare a muffin tin lined with muffin paper cases or use silicone muffin cases.

In a bowl, beat the eggs with the garlic, turmeric, salt, pepper and chives. Add the kale, carrots, crumbled feta and mix with a fork.

Fill 6 muffin cases with the mixture and place in the hot oven to bake for 15 minutes.

Meanwhile, mix together the yogurt and chives and season with salt and pepper.

Serve the egg muffins with the yogurt sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	98	5	4	8

*Nutrition per serve

myfitnesspal



01393590