

Raciones para 1

3
Eggs
3
Egg whites
1/4
Yellow pepper
1/4
Red pepper
1/4
Green pepper
Spinach cut into pieces
50 g
Turkey
Salt
Black pepper

- 1 To do vegetable muffins, mix three eggs in a bowl and add three more egg whites. Add 1/4 of yellow, green and red pepper in the same bowl, as well as the spinach cut into pieces, 50 g of turkey, salt and black pepper.
- 2 Beat all the ingredients with a whisk until everything is well combined.
- 3 Pour the vegetables and eggs mix in different muffin suitable for oven.
- 4 Place the muffins molds in a tray for steam cooking, like Teka Multicook tray, and fill the bottom tray with water, so the muffins can be steamed.
- 5 Bake muffins for 25 minutes at 180°C.
- 6 Once they are ready, serve them warm, so you can enjoy these healthy and tasty recipe.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/muffins-de-verduras-con-espinacas-y-huevo/>

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