

# Core Cooking with Mandie Shockley

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## Quick Egg White Quiche Cups



### INGREDIENTS

*Serves 2*

Muffin Pan

1 dozen organic eggs

Chopped red and green bell peppers

Chopped red onion

Cayenne pepper

Organic garlic powder

Use any veggies you like

### INSTRUCTIONS

Dab some olive oil on a paper towel and lightly coat each space in muffin tin. Crack one egg white into each space of muffin tin – discard yolks. Sprinkle veggies and spices into each cup and mix slightly. Bake for about 15-20 minutes or until eggs set. These can be cooked in advance and are great for on the go breakfasts or lunches.