

## PROTEIN POWER LUNCHBOX



**Serving:** 6

**Cooking Time:** Not Specified

**Prep Time:** Not Specified

### INGREDIENTS

- 6 Eggs

- 2-3 Tbs. Onion, diced
- 90 g Mozzarella Cheese, grated
- 1 ½ Cups Mixed Raw Vegetables (Spinach, Mushrooms, Peppers, Tomatoes etc.)
- 2 Medium Potatoes (300 g), with skin
- Handful of Fresh Parsley
- Himalayan Salt & Black Pepper

## INSTRUCTIONS

1. Preheat oven to 180 °C
2. Spray a 12-cup muffin pan with non-stick cooking spray (the better you spray, the less it will stick!) or use liners. Boil potatoes in skin until soft. Chop into small cubes/chunks
3. In a large mixing bowl, beat eggs
4. Add in remaining ingredients, including potatoes, and mix together
5. Fill muffin tray and bake for 20-25 minutes or until the centre of the muffin is completely cooked and is slightly browned in colour

### **Nutritional Analysis Per Serving:**

393.7 kJ Energy 4.4 g Protein 3.5 g Fat 9.8 g Carbohydrate 1.4 g Fibre 369 mg Sodium