

Egg White Puffs

Serves: 1 (3 puffs)

Ingredients:

- * 250ml Liquid egg whites
- * 30g Chopped spinach
- * 30g Chopped capsicum
- * 15g Chopped onion
- * Sea salt and cracked black pepper to taste
- * Non-stick cooking spray

Method:

1. Preheat oven to 190°C.
2. Spray muffin tin with non-stick cooking 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.