

## Egg Things 🍳

makes 12

### equipment

blender  
muffin tin  
pan for steam water

### ingredients

8 eggs  
1/2 cup greek yogurt  
3/4 cup vegetables  
1/4 cup grated cheese  
1/2 tsp chili flakes  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp salt  
1/4 tsp pepper  
1/4 tsp msg (optional)  
fresh herbs (optional)

### directions

1. Preheat oven to 350F
2. Boil 1L of water in kettle. Pour into baking dish, to provide steam inside the oven.
3. Grease muffin tin
4. Blend eggs, yogurt, and seasonings until combined
5. Pour egg mix into muffin tin. Evenly portion out vegetables into raw egg mix.
6. Top with cheese and/or fresh herbs if using
7. Bake for 12 minutes until done.
8. Enjoy