

MORNINGS MADE EASY

Serves: 3 • Serving size: 2

14
minutes

PREP TIME: 10 minutes
COOK TIME: 4 minutes

Egg White BITES

1 cup spinach, packed
1 tomato, quartered & deseeded
6 egg whites
½ tsp. black pepper
6 tbsp. parmesan

1. Place tomato and spinach in base of Power Chef® System fitted with blade attachment. Replace cover and pull cord until roughly chopped.
2. Remove blade, add egg whites and black pepper. Stir to combine.
3. Divide egg mixture evenly amongst Silicone Muffin Form and microwave on 90% power for 4 minutes.
4. Remove from microwave and top each egg bite with 1 tbsp. parmesan cheese. Let cool and unmold. Leftovers may be frozen up to one month.

Nutritional Information (per serving):
Calories: 90 Total Fat: 3g Saturated Fat: 1.5g Cholesterol: 5mg Sodium: 290mg
Carbohydrate: 4g Fiber: less than 1g Sugar: 2g Protein: 12g Vitamin D: 0% Calcium: 10%
Iron: 4% Potassium: 2%

date
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Tupperware®



TO DEMO



Power Chef® System



Silicone Muffin Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



Universal
Series
Chef Knife



Freeze-It PLUS
2-Pc. Set



FridgeSmart
Small Deep