



**STUFFED  
PEPPERS**

# STUFFED BREAKFAST PEPPERS



Makes: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
100 kcal  
5g Fats  
6g Carbs  
7g Protein



## WHAT YOU NEED

- 2 bell peppers
- 4 tbsp. Mexican veg mix, canned
- 4 eggs
- 1 tsp. Mexican spices
- salsa, to taste (optional)

## WHAT YOU NEED TO DO

*Preheat the oven to 360°F (180°C). Halve the peppers, remove the stem and seeds. Place the peppers on a baking tray covered with parchment paper.*

*Fill each pepper with 1 tbsp. of the Mexican vegetables and break an egg over each one. Bake for about 20 minutes in the bottom of the oven until the egg white has solidified. Sprinkle with the Mexican spices and season with salt and pepper.*

*Drizzle with salsa before serving (optional).*