

# Spinach & Bacon Quinoa Muffins

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These savory egg-based muffins are perfect for meal prep. Why not make a big batch to freeze so you always have a healthy, pre-workout meal at-the-ready? I like to use whatever veggies I have in my fridge, so don't be afraid to experiment!



This pre-workout meal has:



1 cup spinach plus 1 Tbsp. green onions



□ 1 egg, scrambled plus 2 slices cooked turkey bacon, chopped



$\frac{1}{2}$  cup cooked quinoa

□ 1 tsp. olive oil

Meal Prep Tip: Heat oven to 375° F. Cook the spinach with olive oil until just wilted. Transfer spinach to a bowl, add all of the remaining ingredients, and stir to combine. Then spoon the mixture into a muffin pan lined with muffin cups or coated with nonstick spray. Bake for 20 minutes. This amount of ingredients makes three muffins (one serving), and can be easily multiplied.