



# Ashley's Meal Prep Monday!



## Herb and Zucchini Egg Bake

### INGREDIENTS

6 eggs  
1/2 cup to 1 cup of egg whites  
1/2 cup almond milk  
1/2 cup almond flour  
1/2 TSP baking powder  
1/4 TSP salt  
1/2 TSP basil  
1/2 TSP oregano  
1/2 TSP dill  
1 cup shredded zucchini  
1 onion finely chopped  
1 cup kale finally chopped  
1/4 cup DF parmesan cheese  
(or whatever cheese you want)

Preheat the oven to 375. Spray a 9x9 inch baking pan with spray oil and set aside. (I used a 9x11 and just added in more egg whites).

In a large bowl, combine all ingredients and mix well. Pour into the baking pan and bake for 30-35 minutes - or until the center no longer jiggles and a toothpick comes out clean. Allow to cool before slicing. Serve with avocado and enjoy!

\*\*\*This recipe is super versatile! Switch up your veggies with chopped spinach, broccoli, or bell peppers. You could even throw in shredded sweet potatoes/hash browns, cubed ham, bacon, or whatever else sounds good! The herbs pair really great, it freezes well, and is protein packed!



Recipe: [sweetpeasandsaffron.com](http://sweetpeasandsaffron.com)

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