

# Tater Tot Breakfast Muffins

*Recipe makes 12 muffins*

## Ingredients

24 oz Liquid Egg Whites  
1 lb Seasoned Tater Tots  
6 oz Reduced Fat Shredded  
Cheese  
2C Spinach, chopped  
1/2 Tbsp Garlic Powder  
1/2 Tbsp Onion Powder  
Non-Stick Cooking Spray  
Salt and Pepper to taste



## Nutrition Profile

*- per 2 muffins -*

Calories - 303

Fat - 13g

Carbohydrates - 23g

Protein - 22g

Estimated Cost  
Per 2 Muffins

**\$1.81**

  @zachcoen

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# Instructions

1. Start by preheating your oven to 350°F.
2. If your tater tots are frozen, place them in a microwave safe bowl and heat for 7-8 minutes on high. This is just to cook them long enough so that you are able to form them into cups. If your tater tots are thawed beforehand, you can skip this step.
3. Spray your muffin tin with a little non-stick cooking spray and place 3-4 tater tots into each muffin cup. Use the back of a spoon or your fingers to squish the tater tots to mold them around the muffin cup. Try to press them enough so that the potato reaches the top of the muffin tin. This will give you a more even crust throughout.
4. Place in the oven for 10-15 minutes so that the tater tots crisp up.
5. While those are in the oven, chop your spinach and set aside.
6. Pour your egg whites into a bowl and add 1/2 Tbsp garlic powder, 1/2 Tbsp onion powder, and salt and pepper to preference. Mix well.
7. When your potatoes are ready, take them out and, in each cup, add a little cheese, spinach, and then pour in your eggs. Any cheese leftover will be added to the top later.
8. Cook in the oven for about 25 minutes or until the middle is cooked through. When done, add the rest of your cheese on top and place back in the oven for about 1 minute to melt the cheese.
9. Enjoy!



# Notes

- Like most breakfast dishes, this recipe is extremely versatile. Feel free to add or substitute any ingredient to fit your dietary preferences.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.