

## Mini Turkey Veggie Muffins

*This “complete meal” needs no veggies as they are incorporated into the dish. Sweet and nutritious, these post-workout snack or dessert are the perfect choice. Rich in nutrients without added sugars*

### Ingredients:

- 1 lb. ground turkey breast
- 1 tablespoon olive oil
- ½ cup mushrooms, chopped
- 1 cup medium zucchini, chopped
- ½ cup medium green bell pepper, chopped
- ½ cup medium yellow bell pepper, chopped
- ½ cup spinach leaves, chopped
- 1 can diced tomatoes (one 16oz can = 1 cup drained tomatoes)
- 1 tablespoon Walden Farms ketchup
- 1/8 teaspoon dried Italian seasoning, or to taste
- 1/8 teaspoon garlic powder, or to taste
- 1/8 teaspoon fine sea salt, or to taste
- 1/8 teaspoon black pepper, or to taste
- Green onions, chopped to taste

### Directions:

1. Preheat oven to 350° F
2. Mix all ingredients into a large bowl.
3. Stuff meat mixture into muffin tin
4. Bake in the oven for 20 minutes
5. Topped with green onions, to taste.
6. Enjoy!