

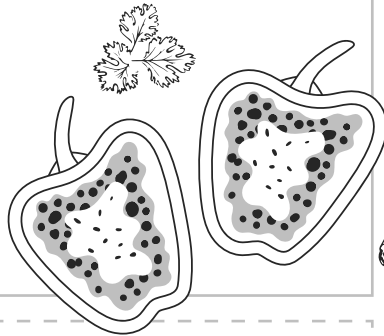


LOW CARB BREAKFAST



STUFFED BREAKFAST PEPPERS

SERVINGS:



🕒 Total time: **35min**

🔋 Calories: **155kcal** per serving

INSTRUCTIONS:

1. Pre-heat the oven to 375°F.
2. Dice the broccoli, mushrooms, and pepperoni into bite-sized pieces.
3. Slice the stems off the bell peppers and cut them in half; remove the seeds and ribs.
4. Fill three halves evenly with broccoli and mushrooms; top with shredded cheddar cheese.
5. In the other three halves, layer 1 tablespoon of marinara on the bottom and top with the diced pepperoni and shredded mozzarella.
6. Whisk the eggs, heavy cream, salt and pepper together; spoon evenly into each pepper half.
7. Bake for 25 minutes or until eggs are set and cheese is slightly browned.

INGREDIENTS:

3 large peppers



1/2 cup fresh broccoli, diced



1/2 cup sliced mushrooms, diced



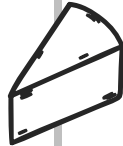
1/2 cup pepperoni, diced



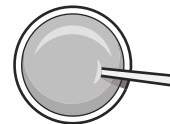
1/2 cup shredded mozzarella



1/2 cup shredded cheddar



3 tbsps marinara



2 large eggs



1/4 cup heavy cream



salt and pepper to taste

