

EGG WHITE BAKE

INGREDIENTS:

- 2 cups spinach
- 1 zucchini
- 2 tbsp. minced garlic
- 1 tsp cayenne pepper
- Egg whites
(your serving size x 4)
- 4 oz extra lean ground turkey cooked

INSTRUCTIONS:

- 1.** Chop spinach finely
 - 2.** Shred zucchini and mix with egg whites, cayenne and ground pepper
 - 3.** Spray a square brownie pan with coconut oil lightly and bake at 325 degrees for 20 minutes.
 - 4.** Cut into 4 squares for 4 servings
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