



Buffalo Chicken Muffins



prep time
10 minutes



total time
25 minutes



servings
12
muffins

Ingredients

- 1 1/2 cups/8 ounces/240 grams fully cooked shredded chicken ~ 10.5 protein servings
- 10 eggs ~ 10 protein, 3.5 fat servings
- 2 tbsp olive oil ~ 2 fat servings
- 1/4 white or yellow onion ~ 1/2 veggie serving
- 2 stalks celery ~ 1/2 veggie serving
- 1 tsp minced garlic
- 1/3 cup hot sauce
- 1/2 tsp salt
- 1/4 tsp ground cayenne pepper

Instructions

- 1 Preheat the oven to 400 degrees.
- 2 Add your olive oil to a cast iron skillet or pan. Toss in the diced onion, celery, and garlic. Sauté on the stove on medium heat for 3 to 5 minutes until tender.
- 3 Transfer veggies to a bowl and mix in cooked shredded chicken.
- 4 In a large bowl whisk together eggs, hot sauce, salt, and ground cayenne pepper.
- 5 Pour egg mixture into the bowl with veggies and chicken. Mix well.
- 6 Pour into muffin tin cups (that have been oiled/sprayed to allow them to be easily removed) A silicone muffin tray is also great!



- 7 Bake for 12 to 17 minutes. Err on the side of less time, take them out, check if cooked and put back in for a few minutes if needed.
- 8 Remove from the oven when done. Centers should not be jiggly. These can be eaten immediately or cooled and eaten later!

Whole Recipe Breakdown:
20.5 Servings Protein
0 Servings Carb
5.5 Servings Fat
1 Serving Veggies