



Egg Muffins



prep time
10 minutes



total time
35 minutes



servings
6
2 per person

Ingredients

- 2 cups spinach, chopped
~2 servings of veggies
- 1 large roma tomato, seeds removed and diced ~ 2 servings of veggies
- ½ cup baby bella mushrooms, diced
~ ½ serving of veggies
- 1 jalapeno, seeded and diced
~ ½ serving of veggies
- 12 eggs ~ 12 servings of protein,
4 servings of fat
- ¼ cup unsweetened almond milk
(or any milk)
- ½ teaspoon salt
- Freshly ground black pepper

Instructions

- 1 Preheat oven to 350 degrees Fahrenheit. Spray a muffin tin with nonstick cooking spray.
- 2 Divide spinach, tomatoes, mushrooms, and jalapeño evenly between 12 muffins in the tin.
- 3 In a large bowl whisk together eggs, almond milk, salt and pepper until well combined.
- 4 Fill each muffin about ¾ way full with egg mixture, pouring over the veggies already in each tin. If using cheese, add 1 tablespoon on top of each egg muffin.



- 5 Bake for 25-30 minutes until eggs are set and puff up in the tin. Let muffins cool for a few minutes, then run a butter knife around the edges of each cup and remove.
Serves 6 (2 egg cups each).

Whole Recipe Breakdown:

- 12 servings protein
- 0 servings carb
- 4 servings fat
- 5 servings veggies