

Egg Muffins

with spinach, mushrooms, and pepper

What You Need

- 10 large eggs
- 1 - 1 1/2 teaspoons sea salt, or to taste
- 1/4 - 1/2 teaspoon black pepper, or to taste
- 1 cup chopped spinach
- 1/2 cup chopped mushrooms
- 1/2 cup chopped pepper

Note: Egg muffins can be made with a variety of add-ins like broccoli, cheese, ham, bacon, sun-dried tomatoes, and spices of your choice. Get creative!

How To Prepare

- 1 Preheat oven to 400 F. Line a 12 count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.
- 2 In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper. Add in desired spices and add-ins.
- 3 Divide evenly into muffin tins filling each about 2/3 full. Bake in preheated oven for 12-15 minutes, or until set. Once cooled, store in refrigerator for up to 4 days.