



SPINACH & FETA EGG MUFFINS



INGREDIENTS

ITEM

- Eggs
- Spinach, Finely Chopped
- Feta Cheese
- Salt & Pepper

QUANTITY

6
1-2 cups
¼ cup

SERVING SIZE

3



PREPARATION

- ✔ Preheat oven to 350°F and lightly grease a 6-cup muffin tin.
- ✔ In a bowl, whisk the eggs with salt and pepper until well combined.
- ✔ Stir in the finely chopped spinach and feta cheese.

- ✔ Evenly divide the mixture into the muffin cups.
- ✔ Bake for 18-20 minutes, or until the eggs are fully set and slightly golden on top.
- ✔ Allow to cool for 5 minutes before removing from the tin.