



SPINACH & FETA EGG MUFFIN CUPS



INGREDIENTS

ITEM	QUANTITY
• Large Eggs	6
• Fresh Spinach, chopped	1 Cup
• Lactose-free Feta Cheese, crumbled	¼ Cup
• Green Onion Tops, thinly sliced	2 Tbsp.
• Fresh Parsley, chopped	1 Tbsp.
• Garlic-infused Olive Oil	1 Tsp.
• Dried Oregano	¼ Tsp.
• Salt and Black Pepper, to taste	

SERVING SIZE 3



PREPARATION

- Preheat oven to 350°F (175°C). Lightly grease a 6-cup muffin tin or line with silicone muffin liners.
- Heat garlic-infused olive oil in a small skillet over medium heat.
- Add spinach and sauté for 1-2 minutes until slightly wilted. Remove from heat.
- In a medium bowl, whisk eggs with oregano, salt, and pepper.
- Stir in cooked spinach, feta cheese, green onion tops, and parsley.
- Divide the egg mixture evenly between the muffin cups.

- Bake for 18-22 minutes, or until the eggs are fully set in the center.
- Allow to cool for a few minutes before removing from the muffin tin.
- Serve warm or store refrigerated for up to 4 days.