



Egg Muffins

Prep Time: 5 min **Total Time:** 35 minutes. **Yield:** 6 servings (2 egg muffin cups each)

INSTRUCTIONS:

- 2 cups spinach, chopped
- 1 large roma tomato, seeds removed and diced
- 1/2 cup mushrooms, diced
- 1 jalapeño, seeded and diced
- 12 eggs
- 1/4 cup unsweetened almond milk (or any milk)
- 1/2 teaspoon salt & ground black pepper
- 2 Tablespoons nutritional yeast

INSTRUCTIONS:

1. Preheat oven to 350. Spray a muffin tin with nonstick cooking spray.
2. Divide spinach, tomatoes, mushrooms & jalapeño evenly between 12 muffin tins.
3. In a large bowl whisk together eggs, almond milk, salt, pepper & nut yeast until well combined.
4. Fill each muffin about 3/4 way full with egg mixture, pouring over the veggies in each tin.
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.

Pack in glass containers with 1/2 an avocado and 1/2 a cooked sweet potato for a well-balanced breakfast

Calories: 131kcal, Fat: 8.4g, Saturated fat: 2g, Carbohydrates: 1.9g Fiber: 0.6g Sugar: 1.3g Protein: 12.7