

Egg Muffin Cups

Adapted from showmetheyummy.com | Yields 12 Muffins



Ingredients

- > 1 tablespoon olive oil
- > 1 cup diced red pepper
- > 1 cup diced green pepper
- > 1 cup diced yellow onion
- > 2 cups packed baby spinach roughly chopped
- > 1 cup mushrooms diced
- > 2 cloves garlic minced
- > salt to taste
- > 4 large eggs *
- > 4 large egg whites *

Optional Topping

Hot sauce for drizzling!

** If you'd like to use liquid eggs or just egg whites, you'll need 1 ½ cups total to replace the 4 large eggs and 4 large egg whites in the original recipe.*

Directions

1. Preheat oven to 350 degrees F and generously grease a standard nonstick 12-slot muffin tin with cooking spray. Set aside.
2. Heat a large nonstick skillet over medium heat. Once hot, add in oil, red pepper, green pepper, and onion, then cook for 5-7 minutes, or until peppers are tender, stirring regularly. Add in spinach and mushrooms and cook for an additional 2 minutes.
3. In the last 30 seconds, add in minced garlic. Season with salt and remove from heat.
4. Crack eggs/egg whites into a large 4 cup measuring cup, whisk together until smooth, then stir in the cooked vegetables.
5. Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake for 15-30 minutes, or until the tops are firm to the touch and eggs are cooked.
6. Cool slightly and serve!

