

Egg & Veggie Muffin Cups



PREP TIME:
5 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 6-8 Servings (15 Egg Cups)

Ingredients:

- 1 TBSP Extra Virgin Olive Oil
- 8 Large Eggs
- 1 ½ Cups Diced Red Bell Pepper
- ½ Cup Diced Red Onion
- ½ Cup Diced Zucchini
- 1 Cup Chopped Baby Spinach
- 1 Cup Chopped Broccoli
- ½ Cup Unsweetened Coconut Milk (*Optional*)
- ¼ Teaspoon Plus ½ Teaspoon Himalayan Sea Salt
- ¼ Teaspoon Plus ½ Teaspoon Garlic Powder
- Cracked Pepper to Taste

Instructions:

1. Preheat oven to 350.
2. Lightly coat muffin pan with olive oil cooking spray. May need 2 pans.
3. In a medium sized sauté pan, add the olive oil and heat to medium temperature.
4. Add onion and allow to cook for about 5 minutes, add in peppers, broccoli, zucchini.
5. Season with ¼ teaspoon salt and ¼ teaspoon garlic powder.
6. Cook, stirring occasionally for 5 minutes – until they slightly soften. Remove from heat.
7. In a medium sized bowl – add all eggs, coconut milk (optional), remaining ½ teaspoon salt, ½ teaspoon garlic powder and cracked black pepper to taste. Whisk mixture until completely scrambled.
8. Add chopped spinach to egg bowl along with cooked veggies and combine.
9. Ladle egg mixture into muffin cups. Mine made 15 egg cups.
10. Bake for 15 minutes. Give or take depending on your oven. Eggs should be firm to touch and cooked through.
11. Remove and serve immediately. Refrigerate well up to 5 days.

***Try and use all organic ingredients if possible.**