

EGG MUFFINS

 Prep Time: 10 minutes

 Cook Time: 20 minutes

 Total Time: 30 minutes



 Servings: 12

Ingredients:

7 eggs
2 tbsps milk
¼ cup quinoa
½ cup shredded cheese
½ cup frozen spinach
⅓ tsp garlic powder
⅓ tsp onion powder
⅓ tsp salt
⅓ tsp pepper

Instructions:

1. Preheat the oven to 375 degrees F. Line your pan with cupcake liners to make sure the muffins do not stick. Cook ½ cup of frozen spinach on the stove prior.
2. Cook ¼ cup of quinoa with ½ cup of quinoa covered in the microwave for 10 minutes.
3. Evenly distribute the quinoa, cheese, and spinach into each muffin cup until they are ⅓ of the way full.
4. In a medium bowl, whisk together the eggs, milk, garlic powder, onion powder, salt, and pepper until well combined.
5. Add the egg mixture until the cups are ⅓ of the way full.
6. Bake in the oven for 20 minutes or until the eggs are firm.
7. Enjoy!

