

egg muffins

SERVES 6

RECIPE ADAPTED FROM: [Healthy Crush](#)

COOK TIME: 25 minutes

12 free range, pastured eggs

Olive oil or coconut oil to grease muffin cups

Salt and pepper, to taste

2 tsp fresh dill, chopped (you can also use basil, mint or cilantro)

Vegetables of choice (spinach, mushrooms, tomatoes, green onion, etc)

Fresh avocado or goat cheese, for garnish

WHISK eggs until smooth.

ADD salt, pepper and dill to the egg mixture.

GREASE inside of muffin cups.

FILL muffin cups with chopped spinach, tomatoes, green onion and/or mushrooms. You can also add a little goat or cheddar cheese here, if desired.

LADLE egg mixture into each muffin cup, filling about $\frac{3}{4}$ full.

BAKE at 350°F for 20-25 minutes or until egg is thoroughly cooked.

GARNISH with goat cheese or sliced avocado.

MAKE IT A MEAL: serve with fresh fruit

