



SPINACH EGG MUFFINS

Preparation: **10** minutes | Cooking: **20** minutes | Servings: **12** muffins

INGREDIENTS

8 large eggs
4 large basil leaves, chopped
1 cup spinach, chopped
1/2 cup sun-dried tomatoes
1/2 medium yellow onion, finely diced
1/4 cup choice of milk
1/3 cup feta cheese crumbles
Salt and pepper



INSTRUCTIONS

Preheat oven to 350. Spray a 12-cup nonstick muffin tin with cooking spray. Finely dice sun-dried tomatoes, spinach, basil and yellow onion. Evenly dispense mixture among muffin tins. Add about 1 teaspoon feta crumbles to each cup. In a medium bowl, whisk together eggs and milk. Pour egg mixture evenly on top of veggies until each cup is three quarters full. Season with salt and pepper. Bake for 18-22 minutes. Enjoy!

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Recipe source: <https://www.fitfoodiefinds.com>