



Eggs

Egg Muffins

Ingredients:

Eggs
Onion
Bell pepper
Spinach
Oregano
Cheese

Cooking Directions:

1. Crack 1 dozen eggs into a bowl. Whisk.
2. Chop 1 bell pepper, 1 onion, 1 head of spinach, and 1 tablespoon dried oregano and add to the bowl.
3. Grease a 12-tin muffin pan and fill each tin 3/4 of the way full.
4. Sprinkle cheese on top of each muffin.
5. Bake at 400 degrees for 15 minutes or until done.

How to use:

- Substitute egg whites for eggs
- Add any type of vegetable or seasoning

