

# Egg Muffin Cups

Serving Size: 1 Egg Cup | Servings per Recipe: 6 | Diabetes Friendly



## INGREDIENTS

- 6 eggs
- Non-stick cooking spray or oil to grease muffin pan
- Any mix of: kale, spinach, tomatoes, onions, bell peppers, mushrooms, cheese, salsa, or any other items you would like (for topping)
- Salt and pepper to taste

## DIRECTIONS

- Preheat the oven to 350°F. Spray a muffin pan with non-stick cooking spray or lightly grease with coconut oil.
- Crack the eggs into a bowl and whisk them until smooth.
- Add your favorite vegetables, cheese, or toppings into each muffin cup.
- Pour the egg mixture into each cup, leaving a little space at the top.
- Bake for 20 minutes, or until a toothpick in the center comes out clean.



\*Please note calories below are for 1 egg without add-ins since recipe allows for customization.

**Calories per serving: 60 | 5 g total fat | 175 mg cholesterol | 60 mg sodium | 6 g protein**

Recipe from [asassyspoon.com](http://asassyspoon.com), image from [cafedelites.com](http://cafedelites.com)

