

## Egg and Vegetable Muffins

- 8 eggs, beaten
- 2 bell peppers, chopped
- 1 onion, chopped
- 8 to 10 fresh mushrooms, sliced
- 2 cups baby spinach, roughly chopped
- 2 garlic cloves, minced
- 2 teaspoons coconut oil
- Himalayan sea salt and freshly ground black pepper

1. Preheat your oven to 350 F.

2. Melt coconut oil in skillet placed over a medium-high heat. Cook the onion, bell peppers, and garlic until soft and fragrant, about 5 minutes.

3. Add the mushrooms and spinach and cook for another 2 to 3 minutes. Season everything to taste.

4. Grease a muffin tin and crack one egg in each muffin tin and add in veggies. Place in the oven and bake for 20 to 25 minutes.

Makes 4 servings.

Serving Size = 2 muffins

Enjoy with 1 cup of on plan fruit to complete your meal.

