



Spinach and Tomato Egg Muffins

Ingredients:

12 large eggs

1/4 cup nonfat milk

1 cup chopped fresh spinach

3/4 cup quartered cherry tomatoes

1/2 cup diced onions

Sliced avocado, for serving

Salsa, for serving

INSTRUCTIONS:

-Preheat the oven to 350°F. Grease a muffin pan with cooking spray.

-In a large bowl, whisk together the eggs, nonfat milk and 1/2 teaspoon pepper. Stir in the spinach, tomatoes and onions.

-Divide the mixture evenly between the 12 muffin pan

cups and bake the muffins for 20 to 25 minutes, or until the egg is fully cooked. Remove the muffins from the oven and let them cool for 5 minutes in the pan then use a knife to loosen the muffins from the cups

-Top each muffin with sliced avocado and a dollop of salsa and then serve.