

Egg Muffins

Adapted from: [Paleo Egg Muffins from Healthy Crush](#)

Makes 6 Servings

Ingredients

12 free range, pastured eggs
Olive oil or coconut oil to grease muffin cups
Salt and pepper, taste (about ½ tsp each)
2 tsp fresh dill- chopped (other herb choices:
basil, mint, cilantro)
Vegetables of choice (I used spinach,
mushrooms, tomatoes, green onion)
Fresh avocado or goat cheese (for garnish)



Directions

1. Whisk the eggs until smooth. Add salt, pepper and dill to the egg mixture.
2. Grease the inside of the muffin cups.
3. Fill the muffin cups with chopped spinach, tomatoes, green onions and mushrooms. (If you like, you can add a little goat cheese or cheddar here.)
4. Ladle the egg mixture into each muffin cup. Fill to ¾ full.
5. Bake at 350°F for 20-25 minutes or until the egg is thoroughly cooked.
6. Garnish with goat cheese or sliced avocado.

Nutrition Information per Serving (not including avocado or goat cheese) – 2 muffins equal one serving:

Cal: 173, Pro: 13.5 gm, Carb: 5 gm, Fiber 1 gm, Total Fat: 10.5 gm, Sat. Fat: 3 gm, Trans Fat; 0 gm, Sod: 331 mg