

## **Breakfast – Paleo**

### **Egg and Vegetable Muffins**



**SERVES: 4 PREP: 20 min. COOK: 30 min.**

#### **Ingredients**

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

Cooking fat

Sea salt and freshly ground black pepper

#### **Preparation**

1. Preheat your oven to 350° F.

2. Melt some cooking fat 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. Whisk the eggs together in a big bowl and add the bell pepper & spinach mixture.
5. Grease a muffin tin and pour the mixture evenly into the muffin cups.
6. Place in the oven and bake for 20 to 25 minutes.