

Veggie, Cheddar, Egg Muffins

Adapted from *Wheat Belly Cookbook [2]* by William Davis
4-5 servings

Ingredients:

- 1 Tbsp. olive oil
- 1 shallot or 2 scallions, diced
- 3 cups baby spinach
- 1/2 cup cherry tomatoes, halved
- Seasonings of choice (Italian, thyme, basil, etc.)
- 6 large eggs
- 1 cup shredded cheese
- Optional add in: Any veggies you like, premade chicken or turkey sausage crumbled

Directions:

1. Preheat the oven to 350° F. Grease a 12-cup mini muffin pan.
2. Heat 1 Tbsp. olive oil in a large saucepan over medium-high heat
3. Sauté shallot until soft, add spinach and wilt.
4. In a medium bowl, whisk the eggs. Stir in veggies and cheese. Season to taste.
5. Using a ladle, divide the mixture evenly among the muffin cups and top with chives.
6. Bake for 30 minutes or until a wooden pick inserted in the center of a muffin comes out clean.

GREAT MAKE AHEAD BREAKFAST OR LUNCH, store in the fridge and reheat to eat!

