Spinach & Sausage Egg Muffins

7 ingredients · 30 minutes · 6 servings

Directions

1. Preheat your oven to 350ºF (176ºC) and grease a muffin pan with the oil.

2. In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.

3. In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.

4. Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Ingredients

1 1/2 tsps Extra Virgin Olive Oil

8 3/4 ozs Pork Sausage (casing removed)

6 cups Baby Spinach (chopped)

8 Egg

1/4 cup Water

1/4 tsp Sea Salt

1 stalk Green Onion (chopped)

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is two egg muffins.

More Flavor
Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian
Omit the sausage.

No Sausage
Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach
Use kale or chard instead.

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