

Crisp Coaching **EGG CUPS**

Easy, healthy, and delicious



Ingredients

Egg Cups

1 tbsp olive oil
1 cup diced red pepper
1 cup diced green pepper
1 cup diced yellow onion
1 cup mushrooms
2 cloves garlic
4 large eggs
4 large egg whites
Salt to taste
2 cups packed baby spinach,
roughly chopped

Instructions

- Pre heat oven to 350 degrees.
- Grease a 12 slot muffin tin. Set aside.
- Heat oil in a large pan. Add red pepper, green pepper, and onion. Cook for about 6 minutes. Stirring regularly. Then add mushrooms and spinach. Cook for an additional 2 minutes.
- Add in minced garlic. Cook for 30 seconds.
- Crack eggs/egg whites into a mixing bowl. Whisk until blended together. Add veggies. Mix together.
- Pour mixture into muffin tin. Bake for 15-20 minutes until tops are firm and eggs are cooked.