

**Rosemary Spinach Egg Popovers**  
**Makes 12**  
**Whole Foods Nutrition with Cindy Olejar**  
[www.wholefoodsnutrition.org](http://www.wholefoodsnutrition.org)

These low carb egg popovers are great for breakfast, lunch, or dinner, or as a delicious and nutritious energy snack as well.

Preheat oven to 425 degrees F.

**Ingredients**

8 eggs  
1 cup unsweetened vanilla flavored almond milk  
¼ cup coconut flour  
1 cup spinach, chopped  
½ tsp sea salt  
½ tsp garlic granules  
½ tsp onion granules  
½ tsp dried rosemary or 2 tsp fresh rosemary

**Directions**

1. Mix the eggs and almond milk until thoroughly combined.
2. Add in the coconut flour, spinach, sea salt, garlic, onion and rosemary and mix until well combined.
3. Line and fill a 12 cup muffin tin half to 2/3 full of the mixture.
4. Bake for 20 minutes or until the tops are lightly brown. Opening the oven door early will make them collapse and when you take them out of the oven when they are ready they will collapse some as well.
5. Allow to cool slightly, then enjoy.

