

# EGG CUP RECIPE

RECIPES BY AUBURNRAVEN.COM

## Ingredients

- 12 oz breakfast sausage
- 1 cup spinach, roughly chopped (or 1 large handful)
- 1/2 small onion, diced
- 1 large roma tomato, seeds removed and diced
- 18 eggs
- 1 cup milk – use rice milk or other non-dairy for dairy free
- 1/4 teaspoon garlic powder
- 1/2 - 1 cup shredded cheese (optional)

## Instructions

1. Preheat oven to 350<sup>a</sup> F and line 2 muffin tins with silicone or paper muffin liners.
2. On a large skillet crumble and cook breakfast sausage over medium-high heat 8-10 minutes, until sausage is browned on the outside. Drain extra grease from sausage.
3. In a large bowl mix together the spinach, onion, tomato, and sausage to combine. Use a spoon to evenly distribute the mixture between the 24 muffin liners.
4. Add the eggs, milk, and garlic powder to the large bowl and whisk together until fully combined and a few bubbles form on the top of the egg mixture.
5. Evenly distribute the egg mixture between the 24 muffin liners being careful to make sure that all of the filling is covered.

## NOTES

This recipe is easy to make and only takes 30 minutes to prepare. It can be altered to fit any palette.

The eggs are full of fresh ingredients like spinach, tomatoes, onions and sausage. You may refrigerate for up to 1 week

or freeze for up to 3 months. This meal is easy to take in a school unch or take on a camping trip.

6. Sprinkle 1 spoonful of shredded cheese on each egg cup.
7. Transfer the muffin tins to the middle rack of the oven and bake 20-23 minutes until the egg is fully set on the muffins.
8. Remove from the oven and let cool before storing. Store in an air tight container in the fridge for up to a week or freeze. To reheat place on a paper towel lined plate and microwave 60-90 seconds, depending on your microwave.