

Easy Vegetable Egg Bites

Recipe by: Skylar McCallum

Ingredients:

- 10 large eggs
- 1 cup of shredded cheese
- ¼ cup cream
- ¼ cup chopped spinach
- ¼ cup diced mushrooms
- ½ tsp salt
- ½ tsp pepper

Directions:

1. Preheat oven to 375 degrees
2. Grease the bottom of a muffin tin
3. Add eggs, cream, salt & pepper to a bowl and whisk to combine
4. Stir cheese, mushrooms and spinach into egg mixture
5. Fill each cup of the muffin tin $\frac{3}{4}$ of the way full with the egg mixture
6. Bake for 20-25 minutes
7. Once finished cooking, allow them to cool for 5 minutes before removing from the tin

This is a quick and easy breakfast for on the go! Prepare this recipe ahead of time and refrigerate for up to 4 days or freeze and pull out as needed. To reheat place in the microwave on high for 1 ½ to 2 minutes.