



# Healthy Breakfast Egg Muffins



12 muffins



35 minutes

## Ingredients

- 12 large eggs
- 1/4 cup nonfat milk
- 1 cup chopped fresh spinach
- 3/4 cup quartered cherry tomatoes
- 1/2 cup diced onions
- Sliced avocado, for serving
- Salsa, for serving
- Crumbled cotija or feta cheese, for serving

## Instructions

1. Preheat the oven to 350°F. Grease a muffin pan with cooking spray.
2. In a large bowl, whisk together the eggs, nonfat milk and ½ teaspoon pepper. Stir in the spinach, tomatoes and onions.
3. Divide the mixture evenly between the 12 muffin pan cups and bake the muffins for 20 to 25 minutes, or until the egg is fully cooked. Remove the muffins from the oven and let them cool for 5 minutes in the pan then use a knife to loosen the muffins from the cups.
4. Top each muffin with sliced avocado, a dollop of salsa and a sprinkling of cheese then serve.

**Tip:** These egg muffins are freezer-friendly! Bake up a batch and stash any extras in the freezer for a hearty, 60-second morning meal.