



# Spinach and Feta Egg Muffins

Servings 12

1 tablespoon olive oil  
1 cup fresh spinach, chopped  
1/4 cup crumbled feta cheese  
8 large eggs  
1/4 cup milk of choice  
Salt and pepper to taste

## Instructions:

1. Preheat oven to 175°C. Grease a 12-cup muffin tin.
2. Heat olive oil and sauté spinach until wilted. Divide evenly into muffin cups.
3. Crumble feta cheese over spinach in each cup.
4. Whisk together eggs, milk, salt, and pepper. Pour evenly over spinach and feta.
5. Bake for 15-20 minutes, or until eggs are set.

GF	HP	LC
Prep		Cook
15 min		20 mins