



Easy Egg Bites

Ingredients

- 9 large eggs
- ½ cup shredded cheese of choice
- ¾ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1½ cups chopped baby spinach
- Cooking spray

Instructions

- Preheat the oven to 400°F. Grease a 12-cup muffin pan.
- Combine the eggs, cheese, garlic powder, salt and black pepper in a bowl and whisk vigorously until frothy.
- Evenly distribute the chopped spinach among the muffin cups. Pour the egg mixture over the veggies, filling each cup about ¾ the way up the pan.
- Bake 16-18 minutes, until the eggs set up and are cooked through and edges are golden. Cool for about 5 minutes before removing from pan (use butter knife to loosen, if needed) . Serve warm and keep leftovers refrigerated up to one week.

NOTE: This recipe is very customizable! You can use a variety of cheeses, vegetables, meats, and seasonings to create a range of flavors.