

CHEDDAR SPINACH EGG BITES





1/4 Cup Grated
Cheddar Cheese



1/2 tsp of Garlic Powder



1/2 tsp of Thyme



A Pinch of Salt and
Pepper



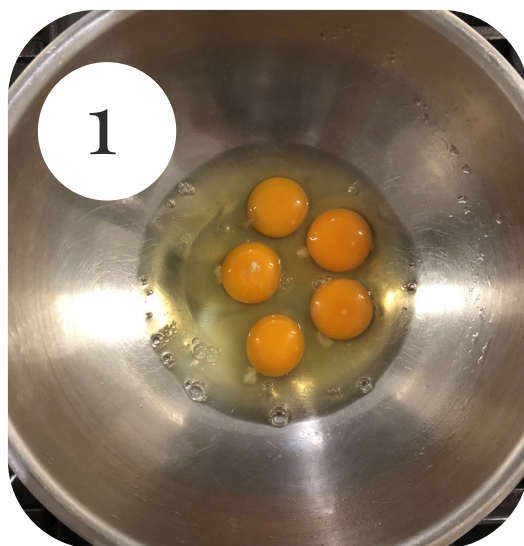
1/3 Cup Lightly Packed
Spinach



5 Large Eggs



Preheat the oven to 400 °F.



Crack 5 eggs into a mixing bowl.



Add a pinch of salt and pepper.



Whisk the mixture until it is all the same colour.



Add 1/2 tsp of thyme.



Add 1/2 tsp of garlic powder.



Add 1/3 cup of chopped spinach.



Add 1/4 cup of grated cheddar cheese.



Using a 1/3 measuring cup, scoop the mixture into your muffin tin. Fill each one about 2/3 full.



Bake in the oven for 15 minutes.



ENJOY!