

Black Bean & Spinach Egg Muffins

6 SERVINGS 30 MINUTES



INGREDIENTS

3 Egg
2/3 cup Black Beans
1/4 cup Frozen Spinach (thawed, drained)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	63	Calcium	28mg
Fat	3g	Vitamin D	21IU
Carbs	5g	Vitamin E	1mg
Fiber	2g	Vitamin K	25µg
Protein	5g	Phosphoro...	79mg
Sodium	41mg	Magnesium	21mg
Potassium	125mg	Zinc	1mg
Vitamin A	898IU	Selenium	8µg
Vitamin C	0mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
- 02 In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
- 03 Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is one egg muffin.

MORE FLAVOR

Add cheese, oregano, bell pepper, cilantro, and/or corn.

FREEZER MEAL

After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.

