



GARLIC MUSHROOM EGG CUPS

SERVES: 6

TOTAL TIME: 30 MINUTES

GF V

INGREDIENTS

30g mushrooms, sliced
60g spinach
60g feta, crumbled
6 eggs
1/4 brown onion, diced
1 clove garlic, minced
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly spray a 6-cup muffin tin with non stick cooking oil spray.

Divide mushroom, spinach and feta evenly between six muffin cups.

In a medium-sized bowl, whisk the egg, onion and garlic.

Pour the egg mix evenly into each cup and season with salt & pepper.

Cook for 20 minutes or until eggs have set.

Serve straight away, or refrigerate in an airtight container for up to 4 days.

MACROS PER PORTION

CALORIES	103	PROTEIN	8
CARBS	1	FATS	7
FIBRE	0		