**Breakfast Egg Cups**

**Ingredients**

* 6 large egg
* 1/4 cup milk
* 1/8 teaspoon salt
* 1/8 teaspoon black pepper, ground
* 1/2 cup bell pepper, red
* 3/4 cup spinach
* 1/4 cup cheddar cheese

**Instructions**

1. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
2. Dice the pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin. (This method is called chiffonade.) Add the peppers, spinach, and shredded cheddar to the egg mixture.
3. Grease a muffin tin (cooking spray, melted butter, or melted coconut oil) and fill cups 3/4 full of the egg mixture.
4. Bake at 375 degrees Fahrenheit for 20 to 25 minutes until centers are set/firm. Can test doneness with a toothpick.
5. To store in the refrigerator: Allow egg cups to cool completely. Stack gently in an airtight container. Store in the refrigerator up to 1 week. Re-heat in the microwave approximately 45 seconds to 1 minute or until hot.
6. To store in the freezer: Allow egg cups to cool completely. Wrap each egg cup individually with plastic wrap, then place in a zip-top bag. Store in the freezer up to 1 month. Thaw egg cups in refrigerator overnight, remove plastic wrap, then re-heat in the microwave 45 seconds to 1 minute OR remove plastic wrap and re-heat in microwave until thawed and heated through.
7. YIELD: 8 egg cups