

Egg Cupcakes

INGREDIENTS:

- 10-12 eggs
- 1 lb. of cooked meat, crumbled (pork sausage)
- 1 green onion
- 2 zucchini
- 1 cup of red/yellow bell pepper
- 4 cups of fresh spinach
- Freshly ground black pepper to taste

PROCESS:

- Preheat oven to 350 degrees F and grease 2 muffin pans with coconut oil.
- Whisk all of your eggs along with your desired amount of black pepper in a big bowl.
- Put the green onion, zucchini, meat, and peppers in a food processor and process until finely chopped but not smooth. Add this mixture to your eggs.
- Next add the spinach into the processor, finely chop, and then add to the eggs in the bowl.
- Mix the egg mixture well, and then, using a measuring cup, fill the muffin pans with $\frac{1}{4}$ cup each (you'll be able to make 18-20 cupcakes).
- Bake the egg cupcakes for 20-25 minutes or until the eggs are set in the middle.

ENJOY!

From: Everyday Paleo

