

Baked Kale and Cheddar Cups

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Servings 6

Calories 82 kcal

Ingredients

- 5 eggs
- pinch of salt
- pinch of pepper
- 1 cup chopped kale
- 3 oz. shredded cheddar reserve a few pinches to sprinkle on top of the breakfast cups

Instructions

1. In a mixing bowl whisk the eggs with salt and pepper.
2. Add kale and cheddar to the eggs.
3. Use a spoon and mix together the ingredients.
4. Spray a muffin tin with nonstick cooking spray.
5. Spoon mixture equally into 6 muffin cavities.
6. Sprinkle extra shredded cheese on top of the cups if desired.
7. Bake for 15 minutes at 400 F.

Recipe Notes

As soon as the baked egg cups come out of the oven take a knife and run it around the egg cups. This will allow the egg muffins to come out easily.

Nutrition

1.8g Carbs

5.3g Fat

6.8g Protein