

Eggbites with Spinach

Ingredients:

- 6 pasture raised eggs
- Half cup feta or similar cheese
- Handful of spinach
- Salt and pepper to taste
- Other vegetables you have around
- Other spices you like

Instructions

1. Whisk eggs and add salt, pepper, spices
2. Add spinach and other vegetables
3. Spoon them into greased muffin tins to the top
4. Bake at 375 degrees for 20 minutes

