



## Spinach and Sweet Potato Egg Muffins

4 servings

35 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	229
Fat	15g
Saturated	4g
Carbs	9g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	491mg

### Directions

- 1 Preheat oven to 180 C. Lightly grease a muffin pan with avocado oil.
- 2 Steam sweet potato in a double steamer for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

### Notes

**Serving Size,** One serving is equal to three egg cups.

**Leftovers,** Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

**No Baby Spinach,** Use finely sliced kale or swiss chard instead.