



Spinach Egg and Cheese “Cupcakes”

makes 12

1 ½ dozen eggs, beaten

Salt and pepper to taste

¾ c cheddar shreds

¼ c parmesan cheese

1/3 c finely chopped fresh spinach

Mix all ingredients together.

Line muffin tins with foil liners that have been sprayed with olive oil or pam coating spray.

Ladle mixture into cups.

Bake at 350 degrees until thermometer reads 155 degrees.

*baking too long will dry them out