

Spinach and Sausage Egg Muffins

6 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
8 ozs Organic Chicken Sausage (casing removed)
6 cups Baby Spinach (chopped)
8 Egg
1/4 cup Water
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	194	Iron	4mg
Fat	13g	Vitamin D	55IU
Carbs	5g	Folate	92µg
Fiber	1g	Magnesium	37mg
Protein	14g	Zinc	2mg
Vitamin C	8mg		

DIRECTIONS

- 01 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 02 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan.
- 03 Stir in the spinach and cook until the spinach has wilted. Remove the pan from heat to let cool slightly.
- 04 In a mixing bowl whisk the eggs together with the water and sea salt.
- 05 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

NOTES

RECIPE ID 201

SAUSAGE

Ensure sausage is free of any non SCD ingredients. As your butcher or deli for gourmet sausages that are free of extra ingredients.

SERVING SIZE

One serving is two egg muffins.