

Smoked Salmon Egg Cups

3 SERVINGS 25 MINUTES



INGREDIENTS

6 Egg
4 ozs Smoked Salmon (roughly chopped)
1 cup Baby Spinach (chopped)
1 tbsp Chives (chopped, optional)
Sea Salt & Black Pepper (to taste)
1 1/2 tps Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	210	Iron	2mg
Fat	13g	Vitamin D	341IU
Carbs	1g	Folate	68µg
Fiber	0g	Magnesium	27mg
Protein	20g	Zinc	1mg
Vitamin C	3mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 02 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 03 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

NOTES

RECIPE ID 304

SERVING SIZE

One serving is equal to two egg cups.

MORE FLAVOR

Add fresh dill to the muffin tins.