

BREAKFAST

Egg Muffin

Makes 4 servings · 2 muffins each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 8 g · Fiber 1 g · Calories 110	

Ingredients

- 4 eggs
- ¼ cup whole milk
- 1 whole green onion (white and green parts), minced
- ¾ cup diced tomato
- 1 cup spinach, chopped
- ¼ cup crumbled feta cheese
- Salt and pepper to taste

Directions

1. Preheat the oven to 350°F.
2. In a medium bowl, whisk together the eggs and milk.
3. Add the remaining ingredients and stir to combine.
4. Divide evenly into a greased muffin tin (about 8 wells, ¾ full).
5. Bake 25 minutes, or until the eggs are set.

Note: Store in the fridge up to 3 days or freezer up to 3 months; reheat in the microwave.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 whole green onion
- ☐ 1 medium tomato (about $\frac{3}{4}$ cup diced)
- ☐ 1 bag (5 oz) spinach (about 1 cup)

DAIRY & EGGS

- ☐ 4 eggs
- ☐ $\frac{1}{4}$ cup whole milk
- ☐ $\frac{1}{4}$ cup feta cheese

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Black pepper