

## Easy Egg Cups



12 eggs, organic if possible  
2 Tbsp finely chopped onion  
1/3 cup sliced mushrooms  
1/3 cup red bell pepper, diced  
1/2 cup fresh spinach, chopped  
1 Tbsp fresh parsley, chopped  
1 tsp sea salt  
1 tsp ground pepper

1. Preheat oven to 350 degrees. Lightly grease a 12-cup muffin tin with avocado or olive oil.
2. In a large bowl, whisk together eggs, and onion. Add sea salt and pepper, whisk again.
3. Fill each muffin tin halfway with egg mixture.
4. In another bowl, mix together mushrooms, peppers and spinach, then top each muffin tin with mixture.
5. Bake for 15-20 minutes, or until set. Let cool enough to remove from tin to serve. Cool any remaining cups fully, then store in an airtight container in the refrigerator and reheat to serve.