

Smoked Salmon Egg Cups

3 SERVINGS 25 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two egg cups.

MORE FLAVOR

Add fresh dill or capers to the muffin tins.