



INGREDIENTS

- 1 tsp. coconut oil
- 1 Garlic Clove, Minced
- 1 cup shredded chard
- 12 large eggs
- 1/2tsp. salt
- 1/2 tsp. black pepper
- 1/2tsp. fennel seeds
- 1 tsp. cayenne pepper
- 1/4 cup green onions or shallots, finely chopped
- 1/2 lb. sausage, bacon, or chicken breast, fully cooked and chopped or shredded into small pieces

Protein Egg Muffins

Makes Approximately 12 Servings

Directions

- Step 1** Preheat the oven to 425F
- Step 2** Heat the coconut oil in a large frying pan with a tight-fitting lid over medium heat. Add the garlic, and cook for a few minutes until the garlic softens.
- Step 3** Add the shredded chard to the pan, and cover. Cook for approximately 3 minutes until the chard brightens and becomes tender. Strain the chard and rinse with cold water. Set aside
- Step 4** Beat the eggs in a large bowl with the salt, pepper, fennel seeds, and cayenne pepper. Stir in the chard and onions.
- Step 5** Line a muffin tin with 12 paper baking cups. Fill each cup halfway with the egg mixture. Spoon a few tablespoons of the chopped meat into each cup. Pour a little more egg on top of each cup to seal the muffin
- Step 6** Bake the muffins for approximately 35 minutes or until the egg sets and becomes golden brown on top.