Egg Bites

Approximate cost of the recipe: $6.19, $1.03 per serving (Serves 6)

Ingredients:
- 6 eggs
- ½ cup milk
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup frozen spinach
- ½ cup chopped onions
- ½ cup chopped peppers
- 1 cup shredded fat-free cheddar cheese

Tools Needed:
Directions:

1. Wash your hands.
2. Crack an egg into a bowl.
3. Spray a muffin tin with cooking spray.
4. Add the egg to the bowl with pepper, spinach, onion, and cheese.
5. Pour the mixture into the muffin tin.
6. Bake in the oven at 350°F for 20 minutes.
7. Enjoy your egg muffin.