

Walnut Crusted Egg Muffins

Nutrition for 1 egg muffin:

165 calories, 12g fat, 8g protein, 7g carbs, 160mg sodium

INGREDIENTS

- 1 cup rolled oats
- ¾ cup chopped walnuts
- ¼ tsp salt
- ½ tsp onion powder
- 2 Tbsp extra virgin olive oil
- 2 Tbsp cold water
- 10 large eggs
- ½ teaspoon garlic powder
- 1 tsp dried oregano
- 1 Tbsp Dijon mustard
- 1 cup chopped baby spinach
- 1 bell pepper, diced (~1 cup)
- ½ cup shredded extra sharp cheddar cheese

DIRECTIONS

1. Preheat oven to 350°F and generously spray a 12-cup muffin pan with cooking spray.
2. In the bowl of a food processor, pulse the oats, walnuts, salt, onion powder, and olive oil until it forms a coarse flour. Pulse in the water until the mixture forms a dough.
3. Spoon walnut-oat crust mixture evenly into each muffin cup and press it into the bottom. Bake 25 minutes, until crust begins to brown. Cool for 10 minutes.
4. In a large bowl whisk eggs, garlic powder, oregano & mustard until combined. Stir in spinach, bell pepper and cheese.
5. Fill each muffin cup evenly with egg-veggie mixture (~1/4 cup each), and bake 18-22 minutes, or until the eggs are set.
6. Cool slightly before removing the egg cups by carefully inserting a spatula between the crust and the muffin pan.
7. Enjoy!

