

### Sammie's Sensational Egg Cups

#### Ingredients

- 1½ cups egg, whisked (whole, egg beaters or egg whites)
- 12 muffin tin liners
- canola oil cooking spray
- ½ cup LivSpoon



Choose which combinations of flavors you would like to include in your egg cups. Below are three tasty options:

Mediterranean	Apple/Cheddar/Avocado	Banana/Mint/Bacon
Tomato	Apple	Banana
Olive	Avocado	Mint
Onion	Raisins, whole	Bacon, crumbled bits
Zucchini	Cheddar, shredded	Ricotta, in dollops
Mozzarella, shredded		

#### Instructions

1. Chop all vegetables, fruits and herbs. Place in separate small bowls. Chop enough of each ingredient to place 1 tablespoon in each muffin cup (about ¾ cup total each).
2. Place muffin tin liners in each muffin cup and spray with cooking spray.
3. Fill a ½ cup LivSpoon with combinations of ingredients (recommended: ½ each of the listed ingredients within each category to follow prescribed combinations; or make up your own). Fill the LivSpoon twice, emptying the ingredients into the muffin tin liners.
4. Once ingredients are chosen and placed in the muffin liners, fill each liner with 1 to 2 LivSpoons-full of whisked egg, until the liner is nearly filled with liquid egg.
5. Place the muffin pan in an oven pre-heated to 375°. Bake for 20 minutes or until golden brown on top. Serve immediately. Serves 12.

#### Tips:

- Whisk all egg types. The egg will rise better.
- Whole eggs rise best and are most easily removed from the liners.
- Careful what fruit or vegetable you use. If they have too much water/moisture in them, they won't bake well.
- Spray muffin tins in addition to liners for easy cleanup.

Prep time: **15** minutes  
 Cook time: **20** minutes  
 Ready in: **35** minutes

Course: Breakfast or Snack  
 Serving size: **2** egg cups  
 Yield: **6** servings  
 Calories: **234** calories per serving

Menu: serve with a cup of fresh strawberries or other fruit;  
 287 calories per serving.