

Protein Egg Muffins

Makes 12 servings

- 1 tsp coconut oil
- 1 garlic clove, minced
- 1 cup shredded Swiss chard (or spinach)
- 12 large eggs
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp fennel seeds
- 1 tsp cayenne pepper
- ¼ green onions or shallots, finely chopped
- ½ ground turkey, fully cooked

1. Preheat the oven to 425 F.
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.
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.
4. Beat the eggs in a large bowl with the salt, pepper, fennel seeds, and cayenne. Stir in the chard and onions.
5. Line a muffin tin with 12 paper baking cups. Fill each cup halfway with the egg mixture. Spoon a few Tbsp of the chopped meat into each cup. Pour a little more egg on top of each cup to seal the muffin.
6. Bake the muffins for approximately 35 minutes or until the egg sets and becomes golden brown on top.

