



Smoked Salmon Egg Cups

3 servings

25 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 113 grams Smoked Salmon (roughly chopped)

Nutrition

Amount per serving	
Calories	210
Fat	14g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g
Cholesterol	381mg
Sodium	403mg
Vitamin A	1554IU
Vitamin C	3mg
Calcium	71mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to the prepared muffin tray. Pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two egg cups.

More Flavor: Add fresh dill or capers to the muffin tins.