

SOUTHWESTERN EGG CUPS

200 Calories per Serving | Makes 6 Servings

INGREDIENTS

Nonstick cooking spray

¼ cup unsweetened almond milk

8 large eggs

Himalayan salt

Ground black pepper

6 Medium Jalapeños, seeds removed, chopped

1 Roma Tomato, chopped

¾ cup black beans, drained, rinsed

¾ cup cheddar cheese

DIRECTIONS

1. Preheat oven to 350° F.
2. Coat 12 cups in muffin tin with cooking spray.
3. Combine almond milk and eggs in a medium bowl. Season with salt and pepper whisk to blend. Set aside.
4. Combine jalapeños, black beans, Roma tomatoes, and cheese in a separate bowl. Mix together. Evenly divide mixture among muffin cups.
5. Evenly pour egg mixture over jalapeño mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.

SHOPPING LIST

Nonstick Cooking Spray

Almond Milk, Unsweetened

1 carton of Large Eggs

Himalayan Pink Sea Salt

Ground Black Pepper

6 Medium Jalapeños

1 Roma Tomato

1 Can (15 oz.) Black Beans

1 Bag (6 oz.) Shredded
Cheddar Cheese