

Egg White Breakfast Cups

Total servings per recipe: 6

Total calories per serving: 46

Total cost per serving: 4.80

Ingredients

2 cups spinach

1 Roma tomato

2 cups egg white

salt, to taste

½ teaspoon pepper

Preparation

Preheat the oven to 350 degrees Fahrenheit. Lightly grease a muffin tin with canola oil cooking spray.

Divide the spinach equally into 6 muffin cups. Dice the tomato, then fill the cups with the tomato and egg whites.

Season with salt and pepper, then bake for 15 minutes, or until the whites have set.

Serve hot and enjoy!

