



Southwestern Egg Muffin

1 lb. lean ground beef (95% lean), cooked and drained
1 teaspoon cumin
1/4 teaspoon cayenne red pepper (optional)
1/2 teaspoon chili powder
1/2 orange or red bell pepper, diced (optional)
12 large eggs
1 cup fresh spinach, finely chopped
2 green onions, diced
1 cup sharp cheddar cheese, shredded
Pinch of salt and freshly ground pepper

Preheat the oven to 375 degrees. Spray 18 muffin tins with non-stick spray and set aside. Mix together the cooked ground beef, cumin, cayenne red pepper, chili powder, spinach, green onion and ½ cup of shredded cheese in a large mixing bowl.

In another large bowl whisk the eggs, season with a dash or salt and pepper and add to the beef mixture. Stirring until fully combined. Pour mixture into muffin tins, about ¾ full) and sprinkle with remaining shredded cheese.

Bake for 20-25 minutes until the egg muffins are set in the middle and begin to turn golden brown. Remove from the oven and let cool before removing from the muffin tin.

Refrigerate the egg muffins for up to a week in an airtight container or wrap individually in plastic wrap and freeze—remove plastic wrap and microwave for 2 minutes when you're ready to eat. Makes 18 muffins.

Nutrition Facts per Serving: 114 Calories, 7g Fat, 1g Carbohydrates, 11g Protein

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