



Kale & Sweet Potato Egg Muffins

Breakfast, School Lunch

Makes 12 muffins

INGREDIENTS

- 1 small sweet potato, shredded (about 2 cups)
- 8 eggs
- 3/4 cup sharp cheddar cheese, shredded, divided
- 1/2 cup kale, chopped fine
- 1/4 cup milk
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp pepper
- 1/2 tsp salt
- 1/2 tsp ground mustard

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Grease muffin pan or line with silicone muffin liners.
3. Divide shredded sweet potato between 12 muffin cups, press down firmly.
4. Bake for 10 minutes, then remove from oven.
5. In a 4-cup measuring cup whisk eggs, milk, and spices.
6. Add kale and 1/2 cup cheese to eggs.
7. Pour or spoon, egg mixture on top of sweet potatoes. After first pour wait until the egg settles and then top each muffin section until only 3/4 full as muffins will puff up when cooking.
8. Top with the rest of shredded cheese.
9. Bake 20-25 minutes or until eggs are set.
10. Remove from pan when cooled and when completely cooled freeze in a zip top bag for a quick lunch or breakfast.

SUBSTITUTIONS OR ADD INS

Shredded white potato
Chopped sweet peppers,
Spinach
Diced mushrooms