

Low-Carb Spinach Feta Egg Cups for Busy Mornings

Need a quick, hearty breakfast you can prep in advance and grab on your way out the door? These



OVEN
350°F

TIME
22 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 6 large eggs
- 1 cup fresh spinach, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup milk (or use almond/oat milk for dairy-free)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder (optional)
- 1/4 tsp red pepper flakes (optional, for spice)
- Olive oil spray, for greasing muffin tin

Instructions:

1. Preheat & Prepare:
2. Whisk the Base:
3. Add the Fillings:
4. Fill the Muffin Tin:
5. Bake:
6. Cool & Store:

Swaps & Customizations:

Cheese: Try goat cheese, cheddar, or Swiss.

Greens: Use kale or arugula in place of spinach.

Protein Boost: Add cooked crumbled sausage or diced turkey bacon.

Veggies: Add mushrooms, bell peppers, or cherry tomatoes.

Tips for Success:

Don't overfill: Leave a little room at the top of each muffin cup.

Use fresh spinach: Frozen spinach works in a pinch but must be thawed and drained well.

Silicone liners or a non-stick pan help prevent sticking and make cleanup a breeze.

Serving Suggestions:

Pair with Easy Turkey Wings for a savory brunch.

Serve alongside This Blueberry Lemonade for a refreshing breakfast pairing.

Add a bowl of Pumpkin Delight Dessert for a sweet finish to a fall brunch menu.

Storage & Leftovers:

Refrigerator: Store in an airtight container for up to 5 days.

Freezer: Wrap each muffin in foil or plastic and store in a freezer bag for up to 3 months.

To reheat: Microwave for 30-45 seconds or warm in a 300°F oven for 5-10 minutes.

More Recipes You'll Love:

These Easy Coconut Macaroons

DIRECTIONS

- 1.** Preheat & Prepare: Preheat your oven to 350°F (175°C). Lightly spray a 12-cup muffin tin with olive oil or line with silicone muffin liners.
- 2.** Whisk the Base: In a large bowl, whisk together the eggs, milk, salt, pepper, and optional seasonings (garlic powder and red pepper flakes).
- 3.** Add the Fillings: Stir in the chopped spinach and feta cheese, mixing until evenly distributed.
- 4.** Fill the Muffin Tin: Divide the mixture evenly among the muffin cups, filling each about $\frac{3}{4}$ full.
- 5.** Bake: Bake for 18-22 minutes, or until the muffins are set in the center and lightly golden on top.
- 6.** Cool & Store: Let muffins cool in the tin for 5 minutes before transferring to a wire rack. Store in an airtight container in the fridge for up to 5 days or freeze for up to 3 months.
- 7.** Swaps & Customizations: Cheese: Try goat cheese, cheddar, or Swiss.
- 8.** Greens: Use kale or arugula in place of spinach.
- 9.** Protein : Boost: Add cooked crumbled sausage or diced turkey bacon.
- 10.** Veggies: Add mushrooms, bell peppers, or cherry tomatoes.
- 11.** Tips for Success: Don't overfill: Leave a little room at the top of each muffin cup.
- 12.** Use fresh spinach: Frozen spinach works in a pinch but must be thawed and drained well.
- 13.** Silicone liners or a non-stick pan help prevent sticking and make cleanup a breeze.
- 14.** Serving Suggestions: Pair with Easy Turkey Wings for a savory brunch.
- 15.** Serve alongside : This Blueberry Lemonade for a refreshing breakfast pairing.

16. Add a bowl of : Pumpkin Delight Dessert for a sweet finish to a fall brunch menu.
17. Storage & Leftovers: Refrigerator: Store in an airtight container for up to 5 days.
18. Freezer: Wrap each muffin in foil or plastic and store in a freezer bag for up to 3 months.
19. To reheat: Microwave for 30-45 seconds or warm in a 300°F oven for 5-10 minutes.
20. More Recipes You'll Love: These Easy Coconut Macaroons
21. Classic : Spaghetti with Homemade Sauce
22. The 3-: Ingredient Egg Wrap
23. This : One-Pan Breakfast Bake
24. Cajun : Chicken Sausage Gumbo
25. Final Thoughts: Whether you're trying to eat healthier, save time in the morning, or simply enjoy a tasty, portable breakfast, these Spinach & Feta Egg Muffins check every box. Make a batch and you'll wonder how you ever got through a busy morning without them.

TIPS FOR SUCCESS

Don't overfill : Leave a little room at the top of each muffin cup.

Use fresh spinach : Frozen spinach works in a pinch but must be thawed and drained well.

Silicone liners or a non-stick pan help prevent sticking and make cleanup a breeze.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/low-carb-spinach-feta-egg-cups-for-busy-mornings/>