

Low-Carb Breakfast Egg Muffins with Spinach and Feta Cheese

Egg Muffins with Spinach, Chorizo, and Feta



OVEN
375°F

TIME
30 min

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INGREDIENTS

- 6 large eggs
- 1/4 cup milk (or dairy-free alternative)
- 1/2 cup cooked Spanish chorizo, crumbled (optional)
- 1 cup fresh spinach, chopped
- 1/3 cup crumbled feta cheese
- 1/4 cup cherry tomatoes, diced (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried oregano (optional)

DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 375°F (190°C). Grease a 6-cup muffin tin with olive oil or nonstick spray.
- 2.** Prepare the Egg Mixture: In a medium bowl, whisk together the eggs, milk, salt, pepper, and oregano until fully combined and slightly frothy.
- 3.** Add the Fillings: Evenly divide the chopped spinach, cooked chorizo, and crumbled feta between the muffin cups. If using cherry tomatoes, sprinkle them in now.
- 4.** Fill and Bake: Pour the egg mixture into each muffin cup, filling about 3/4 full.
- 5.** Bake for 20-25 minutes, or until the centers are set and the tops are lightly golden.
- 6.** Cool and Serve: Let the muffins cool for a few minutes before gently removing them from the pan. Serve warm or allow to cool completely for storage.

SWAPS & NOTES

Make it vegetarian: Skip the chorizo and add sautéed mushrooms or roasted red peppers.

Dairy-free option: Use almond or oat milk and swap feta for a dairy-free cheese alternative.

Add more veggies: Bell peppers, onions, or zucchini work beautifully.

Spice it up: A pinch of red pepper flakes adds heat.

TIPS FOR SUCCESS

Don't overfill the cups - eggs expand as they bake.

Use silicone muffin liners for easy removal.

Let them cool slightly before removing to prevent sticking.

For extra fluffiness, whisk the eggs vigorously to incorporate air.

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

Original recipe: <https://chefmaniac.com/low-carb-breakfast-egg-muffins-with-spinach-and-feta-cheese/>