



# EGG BAKE

These can be made with all kinds of combinations to suit any palate. A crowd favorite is spinach, tomato, & feta.

**WHISK UNTIL WELL-COMBINED:** \*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- 6 EGGS
- 1 PINT ORGANIC EGG WHITES
- ½ CUP nut MILK
- SALT/PEPPER/RED PEPPER FLAKES

## TOSS IN FAVORITES

- SPINACH
- TOMATOES
- PEPPERS
- MUSHROOMS
- SUNDRIED TOMATOES
- POTATOES DICED/SHREDDED (COOK THESE FIRST UNTIL TENDER)
- CHEESE OF CHOICE (FETA, CHEDDAR, PEPPER JACK, ETC.)
- BREAKFAST MEAT/MEAT SUBSTITUTE (VEGAN BACON, NITRATE FREE CHICKEN BACON, ETC.)

## BAKE

- 350 20-30 MINUTES, UNTIL EGG IS SET & COOKED THROUGH.

\*MAKE IN MUFFIN PAN FOR SMALL INDIVIDUAL SERVINGS

\*SERVE WITH AVOCADO ON WITH TOASTED BREAD OR ENGLISH MUFFIN OF CHOICE (LIKE SPROUTED EZEKIEL, SOURDOUGH, ETC.).