

# Mineral Vegetable Egg Cups Recipe

## Mineral Vegetable Egg Cups

Note: ALL INGREDIENTS MUST BE ORGANIC

### Ingredients:

- 12-cup muffin pan
- 12 large eggs
- Real salt and black pepper to taste
- 10 oz baby spinach, chopped
- 1 medium red bell pepper, chopped
- 2 onions, sliced
- 1 cup full Plant Derived Minerals

### Instructions:

1. Heat oven to 375F.
2. Place eggs in a large bowl; whisk to blend.
3. Add Plant Derived Minerals, salt, and pepper.
4. Add spinach, bell pepper, and onion; mix well.
5. Evenly pour the mineral egg mixture into the muffin cups.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center comes out clean.

Enjoy every bite!