

Kale, Goat Cheese and Egg Cups

1 serving

These are so quick and easy and done in 15 mins not to mention taste AWESOME!

Ingredients:

kale or spinach leaves

2 eggs

2 sundried tomatoes

2 tablespoons goat cheese

Directions:

Preheat oven to 375°F. Fill muffin tins with kale or spinach leave. Making sure to cover the bottom and sides. Place sundried tomato on top and sprinkle with goat cheese. Crack egg on top being careful not to break the yoke. Bake for 15 mins until whites are set. AMAZING!

