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Description

Start your morning right with wholesome spinach feta egg muffins, packed with savory Mediterranean flavors and a delightfully fluffy texture. Fresh baby spinach and crumbly, salty feta cheese fold effortlessly into whipped eggs to create a satisfying, portable breakfast. Naturally featuring high protein and low-carb qualities, this recipe makes healthy eating both effortless and delicious.

Can This Spinach Feta Egg Muffins Support Weight Loss Goals?

These spinach feta egg muffins can effectively support weight loss goals by providing a high-protein, portion-controlled meal that keeps hunger at bay. Eggs deliver quality protein and essential nutrients, which promote satiety and help stabilize blood sugar levels throughout the morning. Because they are naturally low in carbohydrates and calories, they make it easy to maintain a calorie deficit without feeling deprived.

Does Spinach Feta Egg Muffins Fit a High-Protein Lifestyle?

These savory egg muffins fit seamlessly into a high-protein lifestyle by packing wholesome whole eggs and protein-rich feta cheese into every single bite. Each muffin keeps net carbs exceptionally low while delivering a clean source of muscle-supporting amino acids and healthy fats. Without relying on processed protein powders, this quick meal prep option fuels your active day with nutrient-dense real food.

My Personal Experience

- Morning Meal Prep Hero: Baking a batch of these muffins on Sunday completely eliminated rushed weekday breakfasts and kept my nutrition on track.
- Flavorful Mediterranean Twist: Combining earthy spinach with tangy feta cheese elevated simple scrambled eggs into a vibrant, gourmet handheld meal.

Perfect For:

- High-protein breakfast meal prep and grab-and-go mornings
- Low-carb and keto diet plans
- Healthy high-protein snacks for busy workdays
- Post-workout protein re-fueling options

Why You’ll Love This Recipe:

- Quick and Convenient: Comes together in under 30 minutes with minimal cleanup, making busy mornings stress-free.
- Incredibly Versatile: Easy to customize with extra herbs or veggies while maintaining its signature low-carb profile.

Common Mistakes to Avoid:

- Skipping Greasing or Liners: Failing to grease the muffin tin or use silicone liners will cause the egg muffins to stick firmly to the pan.
- Overbaking the Eggs: Leaving them in the oven too long results in a rubbery, dry texture instead of a soft, fluffy bite.
- Not Squeezing Spinach: Leaving excess moisture in thawed or cooked spinach will make the egg muffins watery and soggy.

Required Equipment:

- 12-Cup Muffin Tin: Shapes the individual egg bites for perfect portion control and even baking.
- Silicone Muffin Liners: Prevents sticking completely and allows easy removal without tearing the muffins.
- Whisk: Thoroughly incorporates air into the eggs for a fluffy, light texture.

Storage Instructions:

Store leftover egg muffins in an airtight glass container in the refrigerator for up to 4 to 5 days; they reheat quickly in the microwave for a fast breakfast. For longer storage, freeze individual muffins in freezer-safe bags for up to 2 months, then thaw overnight in the fridge before reheating.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 20 minutes

- Total Time: 30 minutes
- Servings: 6 servings (12 muffins, 2 per serving)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 180 kcal

A protein-packed, low-carb breakfast favorite featuring fresh spinach, crumbly feta cheese, and fluffy baked eggs. Naturally savory and perfectly portioned, these handheld muffins offer a tender texture and rich Mediterranean flavor. Ideal for meal prep, quick breakfasts, or healthy post-workout snacks.

 Ingredients:

- Large Eggs: 6 large room temperature eggs
- Egg Whites: 1/2 cup (adds extra protein with minimal calories)
- Fresh Baby Spinach (chopped): 1.5 cups (45g) *(Note: Chop finely so it distributes evenly in the batter)*
- Crumbled Feta Cheese: 1/2 cup (75g)
- Unsweetened Almond Milk (or milk of choice): 1/4 cup (60ml)
- Garlic Powder: 1/2 teaspoon
- Black Pepper: 1/4 teaspoon
- Salt: 1/4 teaspoon *(Note: Use less salt since feta cheese is naturally salty)*

Directions:

1. Preheat & Prepare: Preheat your oven to 350°F (175°C) and generously grease a 12-cup muffin tin with cooking spray or insert silicone baking liners.

2. Whisk Eggs & Dairy: In a large bowl, whisk together 6 large eggs, 1/2 cup egg whites, 1/4 cup almond milk, 1/2 tsp garlic powder, 1/4 tsp black pepper, and 1/4 tsp salt until smooth and frothy.

3. Add Mix-Ins: Stir the 1.5 cups of chopped baby spinach and 1/2 cup crumbled feta cheese directly into the egg mixture until evenly distributed.

4. Pour into Tin: Evenly divide the egg mixture among the 12 muffin cups, filling each cup about three-quarters full.

5. Bake: Bake at 350°F (175°C) for 18–22 minutes until the tops are set and slightly golden and a toothpick inserted into the center comes out clean.

6. Cool & Serve: Let the muffins cool in the pan for 5 minutes before gently removing them; serve warm or store for meal prep.

Nutrition Facts (Per Serving – Approximate):

- Calories: 180 kcal
- Fats: 11g
- Cholesterol: 330mg
- Sodium: 380mg
- Potassium: 210mg
- Total Carbohydrates: 2g

- Fiber: 0.5g
- Net Carbs: 1.5g
- Sugars: 1g
- Protein: 15g
- Calcium: 140mg

Notes:

- Storage & Reheating: Keep refrigerated in a sealed container for up to 5 days; microwave for 30–45 seconds to reheat before eating.
- Allergy Info: Contains eggs and dairy (feta and milk); use dairy-free cheese alternatives if needed.
- Flavor Boost: Add a pinch of dried oregano or diced sun-dried tomatoes for an extra burst of Mediterranean flavor.