EGG MUFFINS

3 eggs

1 medium sweet potato

2 cups chopped kale (or any type of green)

2-3 chopped scallions

1 tablespoon olive oil

2 teaspoons garlic powder

Optional: 1 teaspoon red pepper flakes

Optional: 1 teaspoon turmeric

Sea salt + pepper

**Method**

Preheat oven to 400 degrees F.

Wash and chop the sweet potato into small cubes, and mix in a small bowl with olive oil and a sprinkle of salt and pepper. Line them out on a tray and bake for about 30 minutes. They’re going to go back in the oven later, so they don’t need to be completely done.

While those are baking, lightly grease a muffin tray (this mixture will fill about six cups, so feel free to double the recipe if you have a larger tray) and chop the kale and scallions.

In a separate bowl, mix together the eggs, kale, scallions, garlic powder, red pepper flakes, turmeric, another dash of salt and pepper, and then add the sweet potatoes when they’re done baking. Mix again thoroughly.

Pour the mixture evenly across the six muffin tray cups and bake for 15 minutes (until the eggs have set). Let them sit for a minute, and then serve warm. You can also store in the fridge so you have breakfast for the week, or even freeze them for a couple weeks. Enjoy!