

Beef Muffins – MM (Meat Muffins)

Ingredients:

1 ½ lbs grass fed beef or sausage

3 package of 32 oz frozen spinach or kale

3 egg

Use seasonings such as: Italian, Mexican, Garlic, etc. (Whatever you like)



Directions:

Preheat oven to 350 Degrees F, line the muffin pan with liners

Cook and drain spinach.

Cook meat with seasonings, let it cool

In a bowl, mix spinach and eggs and meat mixture

Scoop mixture into muffin cups – Use an ice cream scoop to make it easier

Bake for 45 minutes

Freeze or serve

Perfect for lunch on the go! You can also put a muffin on top of a salad or cooked greens 😊