**The Woodlands at Phillips**

Mushroom and Spinach Egg Cups

**Ingredients**

6 eggs

½ lb. Maitake mushrooms chopped

½ tsp granulated garlic

2 cups spinach, roughly chopped

½ cup low-fat milk

¼ tsp dried Italian herbs, optional

Salt and pepper to taste

**Directions**

Prep muffin pan with spray oil

Preheat oven to 350°

In a large enough mixing bowl (3-4 qt) whip eggs, milk, garlic, salt and pepper until blended

Add chopped mushrooms and spinach and stir well

Pour into muffin tins and bake for 20-25 minutes