SWEET POTATO AND HASH EGG MUFFIN CUPS

INGREDIENTS:

- 1 small sweet potato grated (~1/2 cup grated)
- 1/4 cup shredded cheddar cheese
- 1/2 tablespoon garlic powder
- 8 large eggs
- salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 375ºF and spray a muffin tin with cooking spray so clean up is easy!
2. Peel a medium sweet potato and use a cheese grater to grate potato.
3. Place 1/2 cup grated sweet potato, 1/4 cup cheddar cheese, and 1/2 tablespoon garlic powder in a bowl and mix until combined.
4. Using a tablespoon as your scooper, scoop one heaping tablespoon of sweet potato mixture on the bottom of 8 muffin tins.
5. Crack a large egg on top of each cup and season with salt and pepper to taste.
6. Bake eggs at 375ºF for 13-15 minutes or until eggs are at desired consistency.

NOTES:

- Use a cheese grater to shred sweet potato if unable to find pre-shredded sweet potatoes

BALANCING MEAL IDEAS:

- Add avocado on top after baked to add a healthy fat source
- This is a very balanced meal already! Sweet potato is the carbohydrate source, eggs are the protein source, and cheese is the fat source

Reference: https://fitfoodiefinds.com/sweet-potato-hash-egg-cups//