

# Amy's Healthy Egg Cups

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**6 Eggs**

**1 Cup Cooked Butter Nut Squash**

**1 Cup Chopped Greens**

**1 Tsp Basil**

**1 Tsp Oregano**

**1 Tsp Rosemary**

**Sea Salt & Pepper to taste**

## Directions:

- Preheat oven to 350 degrees
- Line tin or grease with coconut oil or butter
- Whisk eggs
- Add greens, pepper, squash & herbs
- Pour into tin or lined tin
- Cook for 25-30 minutes