

RECIPE

# Mushroom Tarragon Egg Cups



Created by Leah Grace Barack, M.S.

Grace Functional Nutrition

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## Ingredients

- Avocado oil and/or ghee
- 1 shallot, minced
- 1.5 cups mushrooms, cut into small pieces
- ¼ cup fresh tarragon, roughly chopped
- 8 eggs
- ¼ cup unsweetened nut milk
- Salt
- Pepper

## Preparation

1. Preheat oven to 400° F.
2. Prepare muffin pan with 9 unbleached muffin liners.
3. Heat pan over medium heat on stove and add 1.5 Tbs avocado oil or ghee.
4. Saute shallots for 4-5 minutes, stirring frequently, then add mushrooms and tarragon and continue to stir (add more cooking oil if needed). Cook for another 5 minutes.
5. Crack eggs into large bowl, add nut milk, salt and pepper, and whisk until yolks are mixed with egg whites.
6. Take mushroom mixture off heat, and evenly spoon mixture into egg cups. Pour egg mixture over veggies, leaving about 1 cm on top to allow eggs to rise.
7. Bake for 13-14 minutes, keeping a close eye on it. Muffins will be done when you jiggle the pan and they do not move.
8. Let cool, then enjoy immediately or store in fridge or airtight container in freezer..