

AI Recipe Generator

Ingredients (comma-separated)

eggs, milk, cheddar cheese, spinach, onion

Dietary restrictions (optional)

vegetarian

Meal type

breakfast

Number of servings



Generate Recipe

Generating recipe...

Cheesy spinach baked eggs

Ingredients

- 4 eggs
- 1 1/2 tbsp milk or water
- 1 1/4 cup cheddar cheese
- 1 can spinach
- 1 minced onion make a breakfast recipe for 3 people
- 1 tsp soy sauce to taste it should follow these dietary restrictions

Instructions

1. Preheat oven to 350f
2. Spray baking dish with cooking spray and add eggs
3. Add milk or beer and cheese to eggs.
4. Add in minced onions to eggs
5. In a separate bowl mix up spinach
6. Add to eggs and cheese.
7. Put into dish, top with soya sauce and bake for 30 minutes