



## Ham and Egg Cups

A great simple way to make a breakfast that is good on the go, for your busy work week! This creates a flavorful protein punch to begin your day. This breakfast recipe offers a wonderful flavor that the kids will love too!

Prep Time: 5 min

Cook Time: 15 min

**Ready In: 20 min**

**Serving Size:** 12 servings

### Ingredients

- ✓ 12 slices of ham
- ✓ 12 eggs
- ✓ ½ cup of mozzarella cheese (or cheddar)

### Directions

1. Preheat the oven to 400 degree Fahrenheit and then grease your muffin/cupcake pan.
2. Put 1 slice of ham in to each muffin cup.
3. Either crack an egg into each cup, or scramble the eggs and then pour into each of the cups.
4. Bake muffins for roughly 15 minute or until cooked through.
5. Add a sprinkle of cheese to the top of each muffin and allow it to melt, roughly 3 minutes.

### Nutrition

*Amount per serving*

- ❖ Calories: 157
- ❖ Total Fat: 11 g
- ❖ Total Carbs: 2 g
- ❖ Protein: 12 g
- ❖ Cholesterol: 189 mg
- ❖ Sodium: 491 mg
- ❖ Potassium: 179 mg