

Egg, Broccoli and Ham Muffins

Calories: 103 kcal

Servings: 6

Time: 0 Mins

Ingredients

- 120.00 g Broccoli
- 1.00 tsp Chili Flakes (add more/less as desired)
- 5.00 whole Eggs
- 1.00 clove Garlic (crushed)
- 4.00 slices Pork (Ham) (shaved)
- 2.00 g Salt and Pepper (to season)
- 30.00 g Tasty Cheese (or cheddar)

Instructions

1. Preheat oven to 180°C (350°F).
2. Chop broccoli into small pieces and place in pot of boiling water and cook for 3mins.
3. Chop ham slices in small pieces and grate the cheese.
4. In a medium sized bowl, beat the eggs then add minced garlic, salt, pepper and chili flakes.
5. Grease a 6 cup muffin tray with oil/butter. Evenly divide broccoli, ham and cheese between the muffin cups, then evenly pour the beaten egg mixture.
6. Bake in the oven for 10-15mins, or until eggs have set. Recipe will make 6 muffins. (1 muffin = 1 serving)