

## EGG BROCCOLI & HAM MUFFINS



Makes: 6 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 102 kcal 6g Fats 4g Carbs 10g Protein





## WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- · 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

## WHAT YOU NEED TO DO

Preheat the oven to 180C.

Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt & pepper, and chilli flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 mins, or until eggs have set.

**Vegetarian option:** replace the ham with feta cheese, Goat's cheese or your favourite vegetables.