

Breakfast

RECIPE CARD

Ham & Egg Muffins (Serves 4)

RECIPE NAME

Breakfast

MEAL TIME

10 minutes

PREP TIME

30 minutes

TIME TO COOK

You could make these as a veggie version by swapping the ham out for peppers!

NOTES

Approx. 189kcal
per serving

CALORIES

INGREDIENTS

- ★ Low-Calorie Cooking Spray
- ★ 250g Mushrooms, *diced or sliced*
- ★ 120g Lean Ham, *visible fat removed, roughly chopped*
- ★ 4 Spring Onions, *finely chopped*
- ★ 8 Eggs
- ★ 3 level tbsp Skimmed Milk

METHOD



Preheat your oven to 200°C/fan 180°C/gas 6.



Spray a non-stick frying pan with low-calorie cooking spray and place over a medium heat.



Fry the mushrooms for 10 minutes or until golden. Stir in the ham and spring onions.



Pour the eggs and the milk into a bowl, seasoning lightly and whisking well. Spray 8 holes of a reliable non-stick muffin tin with low-calorie cooking spray.



Spoon in the mushroom mixture and pour in the eggs. Bake for 20-25 minutes or until golden and slightly risen.



Leave to cool slightly before easing the muffins out of the tin. Serve them warm or cold.