



BREAKFAST EGG CUPS

Makes 12 servings | Serving size: 1 egg cup

PREP TIME

5 min

COOK TIME

15 min

TOTAL TIME

20 min

This is a quick breakfast that's high in protein. It can be made ahead of time, packed to go, or enjoyed fresh at home. Ham makes the perfect liner for these egg cups and helps pack each one with 11 grams of protein.

Ingredients

- 12 ounces sliced ham
- 12 eggs
- 1 teaspoon fresh pepper



Directions

1. Grease a muffin tin and preheat the oven to 400°F.
2. In a 12-cup muffin tin, line each cup with one ounce of ham. Crack an egg in each cup, then top with fresh pepper.
3. Bake for 15 minutes or until the eggs are thoroughly cooked.

*These can also be frozen and reheated for a quick, protein-packed breakfast!