

Ham, Egg and Cheese Cups

Description

What a great, healthy recipe to make for a special breakfast or brunch! These are really easy to prepare and the presentation is just so fun... my whole family enjoys eating them!

Ingredients

- 12 eggs
- 12 slices of deli ham
- 1 box frozen chopped spinach thawed
- 2 cup shredded cheese

Instructions

- 1 Preheat oven to 350
- 2 Spray muffin tin with cooking spray
- 3 Press a slice of ham into each muffin cup
- 4 Evenly distribute spinach between muffins cups
- 5 Evenly distribute cheese between muffin cups
- 6 Crack 1 egg to each muffin cup
- 7 Season with salt and pepper
- 8 Bake for 25 min or until done



Summary

Yield: 8

Prep Time: 45 minutes

Category: Breakfast

Cuisine: American