

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



Summary

Yield: 8

Prep Time: 45 minutes

Category: Breakfast

Cuisine: American

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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