



**EGG BROCCOLI &  
HAM MUFFINS**

# 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
- ⅓ cup (30g) grated cheese

## WHAT YOU NEED TO DO

*Preheat the oven to 360°F (180°C).*

*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 and 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 minutes, or until eggs have set.*

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



## RECIPE KEY

Look for these helpful icons throughout the file.

-  GF Gluten Free
-  DF Dairy Free
-  LC Low Carb (under 20g serving)
-  MP Meal Prep/Freezer Friendly
-  HP High Protein (over 20g per serving)
-  V Vegetarian
-  Q Quick (under 30 mins)
-  N Contains Nuts
-  \* Use these ingredients sparingly during your weight loss phase