Breakfast muffins

Ingredients

- 12 large eggs, beaten
- 1 cup cheddar cheese, shredded
- 2 cups fresh spinach leaves, finely chopped
- 1 pack pre cooked ham, finely chopped
- ½ cup sundried tomatoes, very finely chopped
- 1 teaspoon smoked paprika
- Salt and pepper to taste

Making it

- Mix together all the ingredients and whisk until smooth
- Grease a regular size muffin tin and fill each cup about ⅔ of the way full
- Bake at 350 degrees F for 20-23 minutes or until a knife inserted in the middle of a muffin comes out clean
- Cool for 5 minutes before prying muffins loose

NUTRITION FACTS

Servings: 12

PER SERVING

Calories (kcal): 163
Fat (g): 12
Carbohydrate (g): 1
Fibre (g): 3
Protein (g): 12

TIPS & HINTS

Double the batch and freeze it!