

Breakfast Egg Muffins



Serves	Prep Time	Cooking	Total Time	Calories
6 people				140 kcal

Stuff that's in it:

- 6 Slices Honey Roast Ham
- 50G Grated Red Leicester
 - 6 Large Eggs
- 10G Spinach (Shredded)
- Pinch Of Black Pepper
- Few Squirts Of Fry Light

What you do:

Pre heat your oven to 200°c

Spray fry light in each hole of your tin, add 1 slice of ham in each, fill equally with the cheese and spinach with black pepper, crack an egg into each hole so it sits inside the ham on top of the cheese. Pop into the oven for 15 mins, may take 12 if using smaller eggs.

Let cool slightly and Serve

Nutrition

- Fat: 8g
- Protein: 15g

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