

Ham and Egg Cups

Yield: 1 Serving of 2 Ham Cups **Author:** Lauren

Prep time: 5 M Cook time: 17 M Total time: 22 M

Eggs baked in a Muffin tin, in a cup made from Deli Ham and seasoned with cheese, parsley, and onion flakes for a delicious breakfast

INGREDIENTS:

- 2 Slices Smoked Deli Ham
- 2 Eggs
- 1/8th Cup Reduced Fat Colby Jack Shredded Cheese
- Pinch Salt, Pepper, Onion Flakes, and Parsely

INSTRUCTIONS:

1. Preheat oven to 375
2. Spray a muffin tin with non-stick spary
3. Place 1 piece of ham in a tin
4. Place 1/2 the cheese in each ham cup
5. Crack an egg into each cup
6. Sprinkle egg with salt, pepper, onion flakes, and parsely
7. Bake for 12-17 minutes (12 for Runny- 17 for Cooked through)
8. Enjoy Hot and Enjoy!