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!

Summary

Yield: 8
Prep Time: 45 minutes
Category: Breakfast
Cuisine: American

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

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