



## EGG, BROCCOLI, & HAM MUFFINS

### INGREDIENTS

1/2 broccoli  
5 eggs  
1 clove garlic, minced  
pinch of chili flakes,  
optional  
4 slices ham, chopped  
1/3 cup grated cheese

### DIRECTIONS

1. Preheat oven to 360 degrees F. Place the broccoli in a pot of boiling water and cook for approximately 3 minutes. Strain and cut into small pieces.
2. Beat the eggs in a medium size bowl, add the minced garlic and season with salt, pepper and chili flakes.
3. Grease a 6 mold muffin tray and fill with evenly divided broccoli, ham and grated cheese. Pour the beaten eggs into the molds and bake in the oven for 10-15 minutes, or until eggs have set.

