

## Healthy Ham and Egg Muffins

Jacob · 28/09/2024

**Prep Time**

35 mins

**Difficult**

Medium

**Servings**

12

**Description**

This egg and ham muffins recipe is a quick and healthy breakfast option that you can make in advance and freeze. Simply reheat them on your way out the door in the morning or any time you crave one.

**Ingredients**

- - cooking spray - 6 large eggs - 1 ½ cups frozen chopped spinach
- thawed and drained - 1 cup chopped red bell pepper - 7 ounces diced fully cooked ham - ¾ cup egg whites
- ¼ cup crumbled feta cheese - 2 tablespoons water - salt and ground black pepper to taste

**Instructions**

1. Preheat the oven to 400 degrees F (200 degrees C). Spray 12 muffin cups with cooking spray or line with paper liners. Combine eggs
2. spinach
3. red bell pepper
4. ham
5. egg whites
6. feta cheese
7. water
8. salt
9. and pepper in a large bowl. Ladle egg mixture into the prepared muffin cups. Bake in the preheated oven until set in the middle
10. 20 to 25 minutes. Editor's Note: Our magazine version of this recipe (called Healthy Egg Muffin Formula) uses the formula below: Formula: 1 1/4 cups diced or crumbled cooked meat + 1 cup stemmed
11. chopped
12. steamed greens (squeezed dry) + 1 cup chopped vegetables + 1/4 cup shredded cheese To Make: Preheat oven to 400 degrees F (200 degrees C). Mix meat
13. greens
14. vegetables
15. and cheese together and divide among 12 prepared muffin cups. Whisk together 6 large eggs
16. 3/4 cup egg whites
17. 2 tablespoons water
18. and 1/4 teaspoon each salt and ground black pepper in a bowl. Pour egg mixture into the muffin cups. Bake in the preheated oven until puffed and set in the middle
19. 18 to 20 minutes. Let stand 3 to 5 minutes before serving. Formula Variations: For Spinach & Turkey Sausage Muffins
20. use ground turkey breakfast sausage
21. spinach
22. broccoli
23. and shredded aged Cheddar. For Kale & Chicken Sausage Muffins
24. use low-sodium Italian chicken sausage
25. kale
26. red bell pepper
27. and crumbled feta. And for Swiss Chard & Ham Muffins
28. use low-sodium ham
29. Swiss chard
30. leeks
31. and shredded Gruyère.