

Flourless Veg, Ham and Cheese Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 15-20 minutes



½ serve per portion

Ingredients

6 eggs

Splash of milk

Salt and pepper, to taste

Optional extra flavourings: chilli flakes/Italian herbs/Moroccan seasoning, to taste

½ cup lean ham, chopped (about 100g)

1 cup cheese, grated

1 small onion, finely diced

1 small carrot or zucchini, grated

12 cherry tomatoes, halved



Everyday Food

Method

PREHEAT oven to 180°C and line a 12-hole muffin pan with baking paper or use aluminium baking cups.

WHISK eggs in a medium bowl then season with salt and pepper and other herbs and spices (optional).

ADD a splash of milk.

MIX in the ham, most of the cheese (reserve a little bit to sprinkle on top), onion and grated vegetable.

DIVIDE the mixture evenly between the muffin holes then top each muffin with two cherry tomato halves.

SPRINKLE the remaining cheese on top of the muffins.

BAKE for 15-20 minutes, or until the tops are light golden and muffins are set.

Recipe courtesy of Gabriella Field, Virtual Branch