

Easy Breakfast Casserole Muffins

Yields: 12 muffins

Ingredients

- 4 pieces whole wheat bread, torn into small pieces (enough to fill muffin tins almost to top)
- 4 slices deli ham (look for preservative-free)
- 1 cup shredded cheddar cheese
- 8 eggs
- 1 cup milk
- 2 teaspoons ground mustard
- 1 teaspoon ground pepper (or more or less to taste)
- dried Parsley



Instructions

- 1) Preheat oven to 400 degrees F. Grease muffins tins well.
- 2) Drop bread pieces evenly in muffin tins until they come about 2/3 of the way up the tin.
- 3) Sprinkle ham pieces evenly in each tin.
- 4) Sprinkle cheese evenly in each tin.
- 5) Whisk together eggs, milk, ground mustard, and pepper.
- 6) Pour egg mixture evenly in each muffin tin.
- 7) Sprinkle a little dried Parsley on the top of each one.
- 8) Bake for 15-18 minutes or until golden brown on top and cooked through the middle.

NOTE: Wondering if these work as a freezer meal? Well, I tried a Freezer Meal experiment with two of them. I wrapped them tightly in plastic wrap and a freezer bag and froze them. Then, I took them straight from the freezer and microwaved them for about a minute total (turning them once). They turned out fine! Of course, I would say they are best when straight from the oven, but the texture and taste wasn't much different at all.

Nutrition Information (per muffin):

125 calories
10 g protein
5 g carbohydrate
7 g fat
3 g saturated fat