

HAM AND CHEESE FRITTATA MUFFINS

You could get the kids involved in this one!

Adapted from lowcarbyum

INGREDIENTS

5 large eggs
250 grams cooked ham
3/4 cup cheese freshly grated
1/2 medium red capsicum (chopped)
1/2 medium green capsicum (chopped)
3/4 cup mozzarella cheese freshly grated
olive oil for frying the ham
salt & pepper to taste
1/8 teaspoon cayenne powder optional

STEPS

Pre-heat oven at 350°.

In a pan, fry the ham for 2 to 3 minutes each side. Allow for oil to drip and cool then dice.

Beat eggs, add cooked ham, green & red capsicum, and cheese. Season with salt and pepper. Add cayenne for a little heat and mix together.

Arrange mini cupcake silicon molds in a baking tray.

Pour the egg mixture, leave a bit of space. Sprinkle grated mozzarella. To add more color on top, add a piece of ham and red & green bell pepper.

Bake for 5 to 8 minutes or until eggs are cooked. Insert a toothpick at the centre to test if no egg clings. To avoid burning the top, opt to cover with foil.

Allow silicon molds to cool for 1 to 2 minutes or use tongs to flip the mini cupcake silicon molds into a serving plate.)