



AUGUST 5, 2019 BY ANNIE HOLMES

# Ham, Egg and Cheese Muffins (keto + meal prep)

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Try these Keto Ham Egg and Cheese Muffins for the ultimate low carb grab and go breakfast! At only one net carb each these muffins are perfect for keto meal prep!



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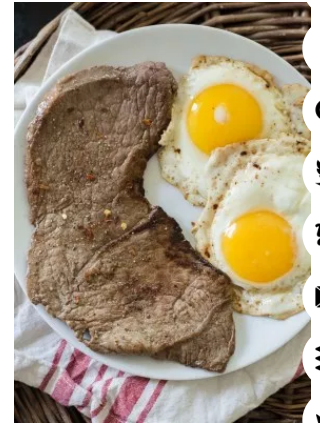
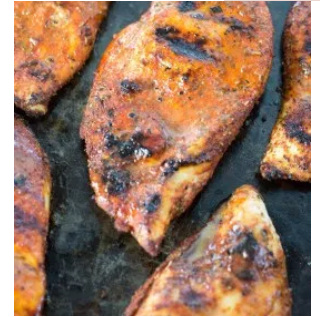
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Keto Ham and Cheese Muffins



EASY KETO RECIPES



Keto Ham and Cheese Muffins

I ~~was~~ come from a family full of teachers and the build up for back to school is always a busy time in our family. There is all of the normal back to school shopping and prep work. But it is also a time where meals tend to change from that slow easy summer pace to the rapid fire quick breakfast and dinner options. These Ham Egg and Cheese Muffins are perfect for busy mornings or an

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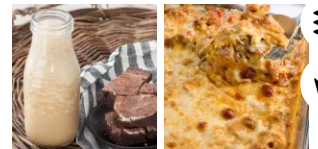
recipe consists of four real ingredients (the extras being salt, pepper and baking powder) This is the kind of meal you can double or triple and still not break the bank.

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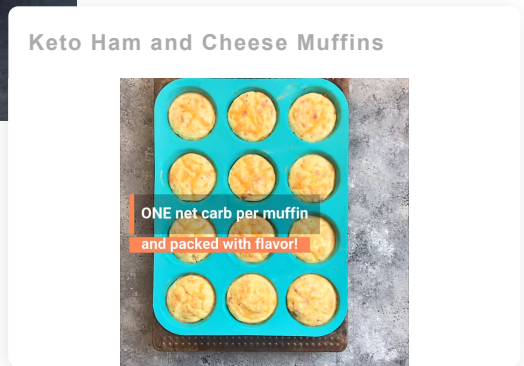


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Keto Ham and Cheese Muffins







## What are Ham Egg and Cheese Muffins?

These muffins are similar to a crustless quiche in many ways. They have a light, fluffy egg batter but they are absolutely packed with ham and cheese to make them



breakfast option. The exact nutritional value that I calculated is 1.1 net carbs per muffin so you can enjoy more than one!



### Nutrition

<b>Calories</b>	<b>Fat</b>
588 cal	38 g
<b>Carbs</b>	<b>Protein</b>
9 g	48 g

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Keto Ham and Cheese Muffins



# HAM, EGG AND CHEESE MUFFINS (KETO + MEAL PREP)

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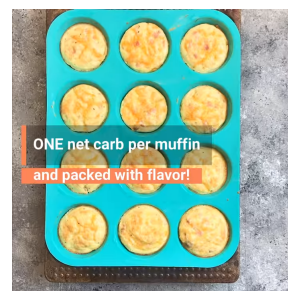
## Ingredients

- 6 eggs
- 1/4 cup cream
- 1/2 teaspoon salt, pepper
- 1/2 teaspoon baking powder
- 1 cup chopped ham
- 1 cup shredded cheese (cheddar, swiss, or pepper jack work well)

## Instructions

1. Preheat oven to 350 degrees
2. In a medium size mixing bowl combine the eggs, cream, baking powder, salt and pepper.
3. Beat the mixture until completely combined.
4. Stir in the chopped ham and shredded cheese until evenly distributed.
5. Spoon the mixture using a 1/4 cup measuring cup or ice cream scoop into a greased muffin tin. I highly recommend a silicone muffin pan because it will prevent the mixture from sticking and the muffins will release very easily.
6. Bake 18-20 minutes until the muffins have set and a toothpick comes out cleanly.

Keto Ham and Cheese Muffins

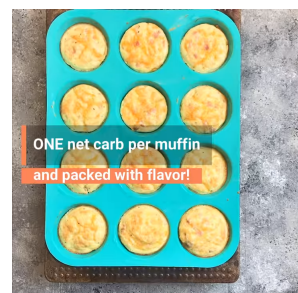


## Quick Easy Keto Recipes

If you are new to Keto try my favorite Sausage Egg and Cheese Bites, they contain less than one net carb per bite and they are perfect for meal prep! One of my favorite easy low carb dinners is this One Pan Cabbage Casserole. It is so easy, cheesy and delicious and it has less than 9 net carbs per serving. Some other favorites, Keto Chocolate Cookies, Pimento Cheese and Bacon Stuffed Peppers and Sausage and Cream Cheese Pinwheels!



Keto Ham and Cheese Muffins







Keto Chicken Bacon Ranch Pizza

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Keto Ham and Cheese Muffins





Keto Taco Zoodle Casserole



Keto Ham and Cheese Muffins





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Crispy Breakfast Pizza with Cheddar and Leeks



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Spicy Sausage Casserole

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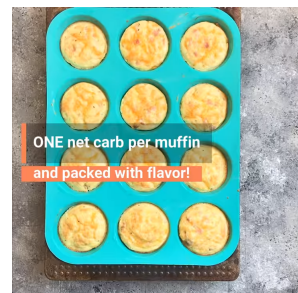
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### Keto Ham and Cheese Muffins



ONE net carb per muffin  
and packed with flavor!

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