

Mini Ham and Broccoli Frittatas

INGREDIENTS

- 1 cup fully cooked ham, cut into cubes
- 1 cup broccoli, chopped into small pieces
- 1 red onion, minced
- 6 eggs
- 4 egg whites
- 3 tbsp. chives, minced
- 2 tbsp. full-fat coconut milk
- Sea salt and freshly ground black pepper to taste

DIRECTIONS

1. Preheat your oven to 375 F.
2. Oil each cup on the muffin tray with some melted Paleo cooking fat.
3. Divide the ham, broccoli, and onion equally among the muffin cups.
4. In a bowl, whisk together the egg whites, eggs, chives, coconut milk, and salt and pepper to taste.
5. Pour the egg mixture into each muffin cup. Fill the cups almost to the top but not completely.
6. Place the muffin tray in the oven and cook 20 to 22 minutes or until golden.
7. Carefully remove the mini frittatas from the muffin tray and serve.