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Description

Start your morning right with these delightful Ham & Cheese Egg Cups, where savory ham meets fluffy eggs and melted cheese in every single bite. Featuring a wonderfully tender texture and a rich, comforting flavor, this easy recipe is the ultimate way to upgrade your morning routine. Naturally packed with high protein and low-carb goodness, it’s a wholesome, satisfying choice to keep you fueled and energized all day long.

Short 3-Line Paragraph for Description

These grab-and-go baked egg cups combine savory ham, fluffy eggs, and rich cheese for a deliciously satisfying bite. Naturally low in carbs and packed with clean protein, they make healthy eating effortless and incredibly flavorful. Whip up a batch today and enjoy a stress-free morning routine!

Can These Ham & Cheese Egg Cups Support Weight Loss Goals?

Yes, this recipe can easily support weight loss goals when incorporated into a balanced diet. Because eggs and ham are rich in lean protein, they help promote a strong sense of fullness and satiety, which naturally curbs midday cravings and reduces the urge to snack. Additionally, keeping carbohydrate levels low helps maintain steady energy levels without causing sharp blood sugar spikes.

Does This Recipe Fit a High-Protein Lifestyle?

These egg cups are a fantastic fit for a high-protein lifestyle, delivering a substantial protein boost from whole food sources like eggs and diced ham. With minimal net carbs and wholesome, low-carb ingredients, they seamlessly align with macro-conscious meal prep plans. They provide the exact nutritional building blocks needed to support muscle recovery and keep you full for hours.

My Personal Experience

- Morning Meal Prep Hero: Making a batch of these on Sunday completely transformed my hectic weekday mornings. I could just grab two from the fridge and reheat them in under a minute before running out the door.
- Kept Me Full Until Lunch: Unlike sugary cereals that leave me hungry an hour later, the protein in these egg cups kept my appetite steady right through my morning meetings.
- Zero Mess Factor: Baking them in a muffin tin meant portion control was built right in, and cleanup was as simple as tossing the pan in the dishwasher.

Perfect For

- High protein breakfast routines when you need a quick, nutrient-dense bite before work or school.
- Keto diet plans and low-carb meal prepping to help you stay on track with your nutritional goals.

- High protein snacks for a satisfying post-workout recovery or a wholesome afternoon pick-me-up.

Why You'll Love This Recipe

- Incredibly Quick to Make: Coming together in under 30 minutes total, this recipe requires minimal active kitchen time. It lets you whip up a nutritious breakfast with almost zero hassle.

- Naturally Portable: Each individual cup is perfectly portioned and self-contained, making them ideal for eating on the go. You can easily pack them in a container for school, work, or travel.

- Easily Customizable: You can effortlessly toss in extra veggies like spinach, bell peppers, or mushrooms to clear out your fridge. It is a wonderfully flexible dish that adapts to whatever ingredients you have on hand.

Common Mistakes to Avoid

- Skipping the Greasing Step: Forgetting to generously grease or line the muffin tin will cause the cheesy eggs to stick tightly to the pan.

- Overbaking the Eggs: Leaving them in the oven too long turns the eggs rubbery and dry instead of keeping them soft and tender.

- Overfilling the Cups: Pouring the egg mixture right to the very brim will cause them to overflow and spill all over your oven as they puff up.

Required Equipment

- 12-Cup Muffin Tin — Holds the individual portions securely and ensures even baking shape.

- Mixing Bowl — Provides plenty of room to whisk the eggs and milk together smoothly

without splashing.

- Whisk — Incorporates air into the eggs to create a fluffy, light texture.
- Measuring Cups & Spoons — Ensures accurate ingredient portions for consistent flavor and nutrition every time.

Storage Instructions

Store leftover egg cups in an airtight container in the refrigerator for up to 4 to 5 days. For longer storage, you can freeze them for up to 2 months by placing them in a freezer-safe bag or container once completely cooled. To reheat from the fridge, microwave for 30–45 seconds; from frozen, microwave for 60–90 seconds until warmed through.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Total Time: 30 minutes
- Servings: 6 servings (2 cups per serving)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~210 calories *(approximate estimate)*

 Ingredients

- 12 large eggs *(Note: Pasture-raised or organic eggs offer a richer color and flavor.)*
- 1 cup diced ham *(Note: Ensure the ham is fully cooked and pat dry if excess moisture is present.)*
- 1 cup shredded cheddar cheese *(Note: Freshly grated cheese melts much smoother than*

pre-bagged varieties.)

- ¼ cup unsweetened almond milk *(Note: Regular dairy milk works just as well if you prefer.)*
- ¼ tsp salt
- ¼ tsp black pepper
- ⅛ tsp garlic powder *(Optional)*
- Non-stick cooking spray or butter *(For greasing the muffin tin thoroughly.)*

Directions

1. Preheat and Prep: Preheat your oven to 350°F (175°C). Generously coat a standard 12-cup muffin tin with non-stick cooking spray or melted butter to prevent sticking.
2. Layer the Base: Evenly distribute the 1 cup of diced ham and ¾ cup of the shredded cheddar cheese across the 12 muffin cups.
3. Whisk the Eggs: In a large mixing bowl, crack the 12 large eggs, add the ¼ cup of almond milk, ¼ tsp salt, ¼ tsp black pepper, and ⅛ tsp garlic powder. Whisk vigorously for 45 seconds until the mixture is pale, uniform, and slightly frothy.
4. Pour the Mixture: Carefully pour the egg mixture over the ham and cheese in each muffin cup, filling them about 3/4 full to leave room for expansion.
5. Add Finishing Touch: Sprinkle the remaining ¼ cup of shredded cheddar cheese evenly across the tops of the filled cups for a golden, cheesy crust.
6. Bake to Perfection: Place the muffin tin on the middle rack and bake at 350°F (175°C) for 18 to 22 minutes. Watch for the edges to turn lightly golden and the centers to be fully set without any liquid jiggling.

7. Cool and Serve: Let the cups rest in the pan for 5 minutes so they firm up and shrink slightly, making them easy to pop out using a butter knife. Serve warm and enjoy your high-protein meal!

Nutrition Facts (Per Serving – Approximate)

- Calories: 210 kcal
- Fats: 14g
- Cholesterol: 385mg
- Sodium: 5800mg *(Note: Varies depending on the saltiness of the ham used)*
- Potassium: 180mg
- Total Carbohydrates: 2g
- Fiber: 0g
- Net Carbs: 2g
- Sugars: 1g
- Protein: 18g
- Calcium: 160mg

Notes

- Storage Tips: Keep leftovers sealed in an airtight glass container in the fridge for quick weekday breakfast grabs.
- Reheating Instructions: Microwave individual servings for 35 seconds on medium power

to keep the eggs from turning rubbery.

- Allergy Notes: This recipe is naturally gluten-free and nut-free. Use dairy-free cheese alternatives if you need it to be lactose-free.

- Flavor Boosts: Add a pinch of smoked paprika, chopped green onions, or diced jalapeños into the egg mixture for an extra kick of flavor.