

# PALEO OMELET MUFFINS



## PALEO OMELET MUFFINS

Muffins in a cup! Easy, yummy, and best of all hearty.

8 eggs

8 ounces cooked ham, crumbled

1 cup diced red bell pepper

1 cup diced onion

$\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon ground black pepper

2 tablespoons water

Preheat oven to 350°F (175°C). Grease 8 muffin cups or line with paper liners.

Beat eggs together in a large bowl.

Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs.

Pour egg mixture evenly into prepared muffin cups.

Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Variation by Scarlett Rossouw:

8 eggs

8 ounces cooked ham, crumbled (I used 2 x 125 g packets cooked ham diced in little blocks)

1 cup diced red bell pepper (I used yellow one and cooked it little bit with herbs)

1 cup diced onion (I used  $1\frac{1}{2}$  cup, and I cooked the onions till transparent)

$\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon ground black pepper

2 tablespoons water (I did not use the water)

I did add  $\frac{1}{2}$  teaspoon of sweet basil and garlic powder extra.  
I also added 1 cup cheese of half white Cheddar and half Mozzarella cheese, and  $\frac{1}{2}$  cup extra Mozzarella cheese for after the baking, to put on direct after taking it out of the oven, and leave it like that for 2 minutes before taking it out of the muffin pan.

Preheat oven to 180° C. Grease 8 muffins.

Beat eggs together in a large bowl.

Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs.

Pour egg mixture evenly into prepared muffin cups.

Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes. (Mine baked for 15 minutes)

Make 8 big muffin or 16 small ones.

Photo: Scarlett Rossouw