

Ham and Cheese Egg Cups

Ingredients:

- *Cooking spray, for pan*
- *Slices of ham*
- *Grated Cheese*
- *Eggs*
- *Salt and pepper*

1. *Preheat the oven to 200°C and grease a muffin tin with cooking spray. Line each cup with a slice of ham and sprinkle with cheddar. Crack an egg into each ham cup and season with salt and pepper.*
2. *Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).*

[Ham and Cheese Baked Egg Cups - YouTube](#)

