

# Omelette Muffins



- Recipe: Easy
- Preparation: 25 Min Total
- Cooking: 15 Min
- Portions: 2 People

## **Introduction:**

These muffin omelets are a nice idea for a savory breakfast. To prepare the omelette muffins it will only take you 20 minutes, you can enjoy them as you like or what you have in

the fridge, let's say as a sort of empty fridge recipe.  
I propose my light version, without oil and without cream but nutritious and tasty.

Here's how to prepare them ...

**Ingredients:**

4 Medium Eggs  
150 ml of sugar-free Rice Milk  
30 g of Parmigiano Reggiano  
150 g grated Courgette  
100 g of Turkey ham  
Q.b. Himalaya salt  
Q.b. Pepper  
Q.b. Coconut oil (for the mold)

**Method:**

Wash the courgette and grate it, cut the turkey ham into cubes.

Preheat the oven to 180 degrees and grease a muffin pan with coconut oil.

In a bowl, beat the eggs with milk, salt and pepper, add the parmesan, turkey ham and grated courgette.

Mix well and pour the mixture into the pan, filled to the brim.

Bake in a static oven for 15 minutes. After this time, take them out of the oven and let them cool.

You can eat them hot or cold.