

Cauliflower & Egg Breakfast Muffins

7 ingredients · 25 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and lightly grease a muffin tin.
2. Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.
3. In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.
4. Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to two cauliflower egg bites.

More Flavor

Use parmesan or pecorino instead of nutritional yeast. Add chili flakes to the mix.

No Arugula

Use spinach.

Ingredients

- 4 ozs Prosciutto (roughly chopped)
- 5 cups Cauliflower Rice
- 4 Egg
- 1 cup Arugula (roughly chopped)
- 1/4 cup Parsley (finely chopped)
- 1/2 cup Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	152	Vitamin C	4mg
Fat	6g	Calcium	50mg
Saturated	2g	Iron	2mg
Carbs	8g	Vitamin D	27IU
Fiber	5g	Vitamin B6	10.2mg
Sugar	2g	Folate	23µg
Protein	17g	Vitamin B12	45.3µg
Cholesterol	137mg	Magnesium	7mg
Sodium	450mg	Zinc	0mg
Potassium	461mg	Selenium	10µg
Vitamin A	473IU		