



Prosciutto Egg Cups

Active Time: 5 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

260.1 calories, 4.62 g carbohydrate, 1.03 g fiber, 3.59 g NET carbs, 19.67 g protein, 18.32 g fat

Ingredients

- 1 Tbsp Bob's Red Mill Organic Coconut Flour
- 1 cup cherry organic cherry tomatoes, halved
- 8 large(s) pastured eggs
- 1/2 small(s) organic onion, diced
- 2 Tbsp(s) virgin coconut oil
- 1/4 cup(s) organic coconut milk
- 2 cup(s) organic spinach
- 12 ounce(s) pastured prosciutto

Preparation

1. Preheat oven to 375 F and line a muffin tin with liners.
2. In a safe, nonstick skillet, add the oil and heat over medium heat. Add the onions and saute until translucent.
3. Add the spinach and saute 2 minutes to wilt. Set vegetables aside to cool slightly.
4. In a medium bowl, whisk together the eggs and coconut milk. Add the coconut flour, a little at a time and whisk to combine. Mixture will thicken up a bit. Season with salt and pepper. Stir in vegetables.
5. Line each muffin cup with a slice of prosciutto, taking care to cover the sides and bottom. Spoon batter into the prosciutto cups and top with cherry tomatoes.
6. Transfer to oven and bake 18-20 minutes.

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