

# 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

**113 grams** 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

<b>Calories</b>	152	Vitamin D	27IU
<b>Fat</b>	6g	Vitamin E	0mg
<b>Carbs</b>	8g	Vitamin K	45µg
Fiber	5g	Thiamine	9.4mg
Sugar	2g	Riboflavin	10.0mg
<b>Protein</b>	17g	Niacin	53mg
Cholesterol	137mg	Vitamin B6	10.2mg
Sodium	450mg	Folate	23µg
Potassium	461mg	Vitamin B12	45.3µg
Vitamin A	473IU	Phosphorous	69mg
Vitamin C	4mg	Magnesium	7mg
Calcium	50mg	Zinc	0mg
Iron	2mg	Selenium	10µg

