



Cauliflower & Egg Breakfast Muffins

6 servings

25 minutes

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)

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.