



Asparagus and Ham Egg Bites

Ingredients needed for Asparagus and Ham Egg Bites

- 10 slices of Aunt Millie's Live Carb Smart White Bread, sliced into strips
- 1 ½ cups diced ham
- 1 bundle of asparagus, chopped
- 8 eggs
- ½ cup milk
- ½ cup shaved Parmesan cheese, for topping
- salt and pepper, to taste



Directions | Yields: 1 dozen Asparagus and Ham Egg Bites

1. Preheat the oven to 350 degrees and spray a muffin pan with nonstick cooking spray.
2. Slice your Aunt Millie's Live Carb Smart bread into bite size strips, roughly ¼ of an inch wide.
3. Chop the bottom stems of your asparagus off. Then, roughly chop the rest of the asparagus into bite size pieces.
4. In a bowl with a pourable spout, add your eggs, milk, salt and pepper, and whisk until smooth. Add diced ham, chopped asparagus and bread strips, mixing until well combined.
5. Pour mixture into 12 muffin cups, making sure it is divided evenly. Bake for 20-35 minutes until the middle is set and the tops of your muffins are slightly golden brown.
6. Once cooked through, remove from the oven, and top each egg bite with shaved Parmesan cheese.
7. Let your Asparagus and Ham Egg Bites rest for 15-20 minutes, serve and enjoy!

