
Baked Ham, Egg, and Cheese Cups

Maintenance/Treatment to be mixed into your cup: egg

Supplies:

- Muffin/cupcake tin

Ingredients:

- Sliced ham
- 1 cup shredded cheddar cheese
- Salt and pepper to taste
- Maintenance / Treatment eggs



Instructions:

1. Preheat the oven to 350F. Spray muffin tin with nonstick cooking spray
2. Place individual ham slices over each muffin cup and gently press down in the middle until a cup shape forms
3. At the bottom of each ham cup, add about 1 tablespoon of shredded cheddar cheese
4. Add your maintenance/treatment amount of egg into the muffin cup, mix with the cheese
5. Add salt and pepper to each cup to taste
6. Place muffin tin in the oven and bake for about 20-25 minutes or until the egg is cooked through
7. When done, use a fork to gently remove each ham cup and serve.

Storage:

- Refrigerator for up to 1 week
- Freezer for up to 1 month

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: dairy