

Chicken and Broccoli Egg Bakes

For 4 muffin sized egg bakes:

Ingredients:

- 4 eggs
- 1/4 cup heavy cream
- 1/8 tsp sea salt
- 1/2 cup chopped cooked chicken
- 1/2 cup cooked very small broccoli florets
- 1/4 cup grated cheese

Directions:

1. Layer chicken and broccoli in muffin tins.
2. Beat eggs, cream and salt in a bowl until well mixed.
3. Very slowly pour eggs and cream over chicken and broccoli (it tends to overflow if you go too fast)
4. Top with cheese.
5. Bake at 350F for 15-20 mins or until eggs are set and cheese starts to bubble.