

# SAVOURY HAM AND BROCCOLI MUFFINS

**CATEGORIES: MUFFINS AND QUICKBREADS**

**COOK TIME: 20 MINUTES**

**MAKES 12 LARGE MUFFINS**

## INGREDIENTS

- 1 ½ c. chopped cooked broccoli
- 1 ½ c. chopped cooked ham
- 1 small onion chopped  
(I sometimes use green onion instead)
- ½ c. grated parmesan cheese
- 6 eggs
- ½ c. vegetable oil
- 1 ¼ c flour
- 1 tb. dried oregano
- 1 tb. dried parsley
- ¼ ts. garlic powder

In large bowl, combine broccoli, ham, onions and cheese. In another bowl, beat eggs until foamy; blend in oil. Add the dry ingredients, beat until smooth. Stir in broccoli mixture until just blended. Pour into greased muffin cups. Bake at 375F degrees 20 minutes or until lightly browned.

I am pretty sure this recipe came from Canadian Living magazine sometime in the mid-nineties. It makes a dense, almost quiche-y muffin, awesome for lunches paired with a bowl of soup. Works just fine with a gluten-free flour mix.