



## LUNCHBOXES & LEOTARDS

# ALL IN ONE BREAKFAST MUFFINS

### Ingredients

- 1 bag frozen tator tots
- 6 fresh eggs
- 4 slices honey ham, chopped
- 1/4 cup colby cheese, shredded
- 1 tablespoon chives
- Salt & Pepper to taste

**PREP: 10 MINUTES**  
**COOK: 12-14 MINUTES**  
**AMOUNT: 12 MUFFINS**

### Directions

**1. BAKE TATER TOTS ACCORDING TO BAG INSTRUCTIONS. REMOVE FROM OVEN AND TOSS BEFORE RETURNING TO BAKE AN ADDITIONAL 5-7 MINUTES. WE WANT THE TOTS TO BE EXTRA CRISPY.**

**2. GREASE MUFFIN TIN WITH YOUR CHOICE OF FAT (COOKING SPRAY IS THE BEST IN MY OPINION) AND PRESS 3 TOTS INTO EACH MUFFIN CUP.**

**3. ADD EGGS, CHIVES, SALT AND PEPPER TO A BOWL AND SCRAMBLE BEFORE ADDING ABOUT A TABLESPOON OF THE MIXTURE TO EACH MUFFIN CUP.**

**4. ADD A SMALL AMOUNT OF DICED HAM AND CHEESE TO EACH MUFFIN CUP. BAKE AT 400 DEGREES FOR 10-14 MINUTES.**