

Low-Point Ham and Cheese Breakfast Cups

Ingredients:

- 1 tube of reduced-fat Pillsbury crescent rolls
- 5 eggs
- 1/4 cup 1% milk
- 1/2 cup reduced-fat shredded cheddar cheese
- 3 oz. ham (diced)
- your favorite seasonings to taste
- Pam baking spray with butter

Preheat oven to 375 degrees. Spray a muffin pan with Pam baking spray. Line eight muffin holes in the muffin pan with the crescent rolls. (You may have to break rolls apart to spread them in the muffin pan evenly.) In a large bowl, combine eggs, milk, cheese, ham and seasonings. Spoon egg mixture into each crescent roll. Bake for 13 to 15 minutes (until a toothpick comes out clean when you insert it into the egg batter.) Let cool slightly and enjoy!

Total servings - 8

Serving size - 1

Points per serving - 4.5

Points plus per serving - 5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"There are far better things ahead than we leave behind."
- C. S. Lewis***