



HAM & PINEAPPLE ROSE

	Ingredients	Exchanges
Protein	19.6 gm deli ham slice	2
	18 gm raw egg	1.2 (-1.2 gm fat)
	2.7 gm NOW Real Foods® almond flour	0.5 (-0.75 gm fat)
Fat	13.1 gm mayonnaise	3 (-1.95 gm)
	5 gm butter	1
Carbohydrate	9.9 gm pineapple, chopped	1.3
Other	Salt and pepper	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, weigh the slice of deli ham. Try to keep it whole.
- Grease a silicone muffin mold with nonstick cooking spray.
- Line the mold with the weighed slice of deli ham.
- In a small bowl, weigh the butter and melt it using the microwave.
- Add the almond flour, egg, mayonnaise, and pineapple.
- Season with salt and pepper; stir until smooth.
- Pour the mixture into the mold, filling the ham cup.
- Bake in the oven for 30 minutes until the top becomes golden brown.
- Allow to cool for 10-15 minutes before removing from the mold.
- This recipe can be served hot or cold.

VARIATIONS

- This recipe freezes well for up to two months. For reheating, place the ham rose back into the oven in a muffin pan.
- When adjusting, the exchange amount of mayonnaise should not exceed any more than 3 times the exchange amount of egg. If more fat is required in personal meal plan, it must be given on the side.
- Other fruits and vegetables can be used in place of pineapple such as broccoli, carrot, mango, or spinach.
- The gram amount of ham and egg should be close to equal.
- If the deli ham has thicker edges, fold them into the batter or remove them. If they're exposed throughout the baking process, they will burn.
- Other thin sliced deli meats can be used such as turkey, bologna, or chicken.