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# THE CrossFit *kitchen* K I D S

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Sweet Cheeks Headquarters

## WHAT'S UP, BUTTERCUP?

by Shirley Brown and Alyssa Dazet  
[Sweet Cheeks Headquarters](#)

### overview

Spring is in full swing! Birds are singing, temperatures are warming and flowers are blooming everywhere. Bring some spring into the kitchen and have your kid's breakfast blooming, too. This simple egg creation looks like flowers sprouted right out of the plate!

### blocks

2 protein blocks

### ingredients

- 1 egg
- 1 slice of deli ham

### notes

Serve with  $\frac{2}{3}$  cup cooked oatmeal mixed with 1 teaspoon of peanut butter for a balanced Zone meal of 2 carbohydrate blocks and 2 fat blocks in addition to the 2 protein blocks from the buttercups.

### directions

1. Preheat oven to 375 degrees.
2. Take a slice of ham and form it into a cup shape. Gently place into an ungreased muffin tin.
3. Crack an egg inside the ham cup. Sprinkle the top with salt and pepper to taste.
4. Bake in oven until the egg whites are just beginning to set but still appear shiny and wet. This will take 14 minutes if you like the inside of your egg runny and 18 minutes if you like your egg hard-boiled.
5. Remove from oven and cover the entire muffin tin tightly with aluminum foil for 5 minutes.
6. Serve and enjoy!

