(Savory) Breakfast Bundt

This is not exactly low-carb, but it is packed with protein and vegetarians could switch out the meat with (cooked and strained) vegetables. It’s an easy all-in-one and one of my family’s favorites. – Kathryn Carroll

Serves 6; Prep: 5-7 min. Baking: 45 mins

**INGREDIENTS**

- 1 dozen eggs, beaten
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup milk
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 cups tater tots, frozen
- 1 can refrigerated biscuits, chopped into quarters
- 1 cup ham, diced
- 2 cups cheddar cheese, grated

**PREPARATION**

1. Preheat oven to 375°F and grease a bundt pan with nonstick spray. Set aside.
2. In a large bowl, whisk together the eggs, salt, pepper, milk, garlic powder and onion powder until well combined.
3. Add the tater tots, biscuits, ham, and cheese and stir to combine.
4. Pour mixture into prepared pan and bake until top is golden brown, 40-45 minutes. Let cool before inverting onto a plate. Slice, serve, and enjoy!