

Breakfast Sandwiches



Ingredients:

1 lb Breakfast Sausage
7 eggs
6 slices Colby Jack cheese
6 English Muffins

Spices (with your heart):
Sausage - Kinders THE BLEND,
minced onion (or onion powder),
Eggs - Old Bay, Salt & Pepper

Instructions:

1. **Preheat** the oven to 350°F
2. **Eggs:** In a greased brownie pan (or muffin tin), add an egg in 6 compartments. Add spices and break white and yolk (lightly scramble) with a fork. Bake for 15-20 minutes until egg patties are starting to brown on the edges.
3. **Sausage:** In a large bowl, add the sausage, last egg, and spices. Mix (either with hands or masher) until well combined. Separate into 6 equal(ish) portions (approx. 80-85g). Form into balls in your hand and then flatten, making a ~1cm hole in the center of each. Place on foil and parchment lined cookie sheet. Bake for 20-25 minutes.
4. **Assemble:** Toast English muffin (3-4 in toaster or 10 minutes in oven). Assemble as follows: English Muffin bottom, sausage patty, cheese slice, egg patty, and English Muffin top. Wrap with parchment and then foil.
5. **Storage:** Place wrapped sandwiches in airtight container or bag.
6. **To Reheat:** Remove foil. Microwave at 30-40% for 90 seconds; flip sandwich and cook for another 90 seconds on High. Let cool 2 minutes before eating.

MACROS: Cal- 229; Carbs – 12g; Protein- 6g; Fat- 18g