



# Make-Ahead Bacon, Egg, & Cheese Muffins

## INGREDIENTS

- 6 high-fiber English muffins
- 12 slices Canadian Bacon
- 6 eggs
- 6 Velveeta slices
- spray butter
- salt and pepper
- mustard

## NUTRITION FACTS

Servings: 6

Amount Per Serving

- Calories 253
- Total Fat 9 g
- Saturated Fat 3 g
- Cholesterol 216 mg
- Sodium 970 mg
- Carbohydrate 32 g
- Dietary Fiber 8 g
- Sugars 3 g
- Protein 22 g
- myWW Blue: 5
- myWW Purple: 5
- myWW Green: 7

## DIRECTIONS

1. Spray small ramekins with olive oil spray.
2. Spray English muffins with spray butter.
3. Spread mustard on English muffins.
4. Scramble eggs in ramekin (one egg per ramekin).
5. Microwave egg for 1-2 minutes (time will vary depending on microwave and how many you cook at once - mine took 2 minutes to cook 3 at once).
6. Assemble sandwiches with one slice of Canadian bacon, then egg, cheese, and second slice of Canadian bacon.
7. Wrap in damp paper towel and then in aluminum foil.

Refrigerate up to 4 days, freeze up to a month.

To heat: Remove aluminum foil. Microwave refrigerated sandwich in paper towel for one minute, flip, microwave up to one minute longer. For frozen, microwave an additional 30 seconds each side.

If I make these fresh, I toast the muffins. When I meal prep them, I don't toast them and they turn out just as good.

This recipe can be found at:

<https://planningushealthy.com/make-ahead-bec-muffins>

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