

HOMEMADE EGG MUFFIN SANDWICHES

INGREDIENTS

- 1 English muffin per person (toasted)
- 1 egg per person
- 1 sliced cheese per person
- 1 slice of ham per person
- Pepper

DIRECTIONS

1. Preheat your oven to 400.
2. Spray custard cups with cooking spray and add one egg to each one.
3. Use a fork to break the yolk in the custard cup. Add black pepper to your liking.
4. Place all custard cups on a baking sheet to make it easier to get them in and out of the oven.
5. Bake eggs for 15-20 minutes, until set.
6. While the eggs bake, prepare the muffins by splitting them open and adding cheese slices on the bottom part of each muffin.
7. Place ham on top of cheese.



8. When eggs are finished baking, lift out with a small spatula. If they're stuck around the edges, loosen them gently with a thin knife.
9. Place egg on top of the sausage patty and place top of muffin on top.
10. Eat and enjoy!