

Breakfast Bagel Sandwiches

Ingredients:

- 12 Mini bagels - *totally not necessary but I did make my own and they were delish*
- 1 lb ground turkey breakfast sausage
- 3 Slices mild cheddar cheese (*or whatever you prefer*)
- 9 eggs
- ½ cup cottage cheese
- ¼ cup milk
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- 1/8 tsp. black pepper

Directions

1. Preheat the oven to 350°F. Spray a baking sheet with baking spray, line with parchment paper, then spray again. Set aside.
2. To a blender add the eggs, milk, cottage cheese and seasonings. Blend until mixed.
3. Pour the egg mixture onto the 10 x 7 inch sheet pan
4. Bake for 15-18 minutes or until the eggs are set and no longer jiggle in the center.
5. While eggs are cooking, create small patties with sausage and cook on medium heat on a skillet until cooked through.
6. Allow eggs to cool slightly, then cut into pieces and serve with your favorite toppings or make a breakfast sandwich!
7. Cut cheese into 4 smaller squares.
8. Assemble sandwiches. You can eat now, or store in the fridge or freezer and reheat when ready to eat

**Options for eggs- Feel free to get creative with the eggs, and add in extra chopped veggies for extra nutrients!*

MADE WITH LOVE

by Teresa Forchand