

# High Protein Bagel Breakfast Sandwiches

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## INGREDIENTS

- 12 eggs
- ¼ cup milk
- 1 tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- ½ cup cottage cheese
- 6 chicken sausage patties (I buy the Applegate brand from sprouts or Target)
- 6 slices of ham
- 12 slices of cheese (I did colby jack and cheddar)
- 12 High Protein Bagels

## DIRECTIONS

1. Preheat oven to 350F and grease a 9 x 13 pan. In a bowl or blender whisk together eggs, cottage cheese milk, salt, and pepper. The blender will make them fluffier. Pour into greased pan and bake for 20 minutes. Let cool 10 minutes then cut into 12 squares.
2. While eggs are cooking, heat sausage patties in skillet. Remove from skillet, and heat 6 slices of ham.
3. Cut bagels and assemble sandwiches with cheese, meat and eggs. I did 6 ham with cheddar cheese, and 6 sausage with colby jack.
4. Wrap tightly with saran wrap and place in the freezer.
5. When reheating microwave for 1-2 minutes wrapped in a damp paper towel, or place in air fryer or oven.
6. Add additional toppings if desired - lettuce, tomato and avocado is great!