

Breakfast Sandwiches

INGREDIENTS

- 12 eggs
- ¼ cup milk
- 1 tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- ½ cup cottage cheese
- 12 whole wheat english muffins
- 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)

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 a 1/4 sheet pan and cook for about 20 OR a 9x13 and cook for 40. 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 english muffins 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!