



FROZEN BREAKFAST SANDWICHES

Makes 6 servings | Serving size: 1 sandwich

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

It can be hard to make a protein-rich breakfast in the morning. That's why I love doing a little meal prep when I have time, so I can have breakfast sandwiches ready-to-go in the freezer.



Ingredients

- 6 eggs
- 4 tablespoons milk
- 6 cups spinach
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon garlic
- ¼ teaspoon black pepper
- 6 sausage patties (read ingredients to choose best option)
- 6 slices pepper jack cheese
- 6 whole-wheat English muffins

Directions

1. Preheat oven to 375°F.
2. Grease a six-tin muffin pan thoroughly, then set aside.
3. In a bowl, whisk together the eggs with the milk. Set aside.
4. In a skillet, sauté the spinach in the olive oil.
5. Once the spinach begins to wilt, season with the spices.
6. Stir the cooked spinach into the eggs.
7. Pour equal amounts of the egg-and-spinach mixture into the muffin tin.
8. Bake for 20 minutes.
9. While the eggs are baking, cook the sausage patties in the pan and toast the English muffins.
10. To assemble, place the sausage patty, then the egg, then cheese slice on top of half of an English muffin.
11. Add the other half of the muffin, then compress. (This makes the eggs flatten to cover the entire sandwich.)
12. Wrap the sandwich in foil, then place in a gallon-sized resealable plastic bag.
13. Repeat with the remaining ingredients.