

Health Breakfast Sandwich

Ingredients

6 each Whole wheat English muffin
6 Tbsp. Raspberry jam
9 oz Ham, sliced thin
6 slices Cheese, pepper jack
1 1/2 cups Spinach
6 each Eggs
Salt and Pepper to taste

Method

- Preheat oven 350° F.
- To prepare the eggs, whisk eggs with salt and pepper.
- Lightly grease a muffin pan or silicone mold. Pour~1/4 cup of the eggs into 6 muffin cups.
- Bake for 12-14 minutes or until cooked through.
- Remove from oven and allow to cool.
- To build the sandwiches: Spread 1 tbsp. of jam on 1 slice of English muffin, top with ham, then spinach, cheese, and cooked egg cup, top with the other half of the English muffin.
- Wrap in aluminum foil. (Makes all 6 at once for easy mornings!)
- Pop wrapped sandwich in the oven for 17-20 minutes, or until cheese is melted and the sandwich is warmed through.

Nutrition Information

Serves: 6
Serving size: 1 composed sandwich
Calories: 350
Fat: 12 grams
Fiber: 3 grams
Protein: 20

***Chef's Note:**

There is something about eating a sandwich that feeds the soul, such a great way to start the day. This high fiber English muffin, paired with protein-packed eggs and ham, are the perfect way to support our brain health, energy throughout the day, and muscle growth.