

Mini Bacon Egg and Toast Cups

PREP TIME 10 MINUTES

COOK TIME 25 MINUTES

TOTAL TIME 35 MINS

These mini egg cups combine all the main food components of breakfast, with a toast bottom, shredded cheddar cheese, and a baked egg wrapped in bacon.



Ingredients

4 slices bacon (don't do thick cut bacon)
2 slices of toast
2 tbsp grated cheddar
4 eggs
salt and pepper

Instructions

Preheat the oven to 400 degrees F.

Lay the bacon onto a cold nonstick skillet, turn the heat to medium, and let it cook for about 8 minutes, then flip and cook for another 5 on the other side. This time may need to be adjusted depending on the thickness of your bacon (either more or less), but let me say this. If you want your bacon to be crispy later on, you need to cook that bacon through as much as you can, but the bacon should still be pliable so you can wrap it around the edge of the muffin tin.

Use a cutter to cut out little circles of toast, just big enough to fill the bottom of your muffin tin. Place the toast in your muffin pan, then wrap the partially cooked bacon around it. Distribute the grated cheddar cheese among the four cups, then crack an egg into each cup. Sprinkle with salt and pepper, then bake for about 12 minutes (adjust this time to how done you want your egg to be). Enjoy!!!

by **Joanne Ozug**

Nutrition Information Serves 4 cups [ADJUST SERVINGS](#)

Amount per serving: **Calories** 248kcal **Calories from fat** 165 **Total Fat** 18g**Saturated**

Fat 7g **Cholesterol** 186mg **Sodium** 368mg **Carbohydrate** 8g **Dietary Fiber** 1g **Sugars** 1g **Protein** 12g