

Bacon and Eggs To Go

INGREDIENTS:

- Canadian bacon slices
- Equal amount of eggs

PROCESS:

- Preheat oven to 350°F
- In a muffin pan, place a piece of Canadian bacon into each hole.
- Press it down and crack an egg into each piece of bacon
- Cook in oven for approximately:
 - Runny Yolk - 8 minutes
 - Semi-soft yolk - 10 minutes
 - Hard, crumbly egg - 14 minutes
- Pop the egg “cups” out of the pan once they’re cool enough to handle.
- Store in the fridge

ENJOY!

From: Health-Bent.com