

Bacon Egg and Cheese English muffin

Ingredients:

1 muffin

1 egg fried or scrambled

2 slices of bacon or turkey bacon

1 slice American cheese or fat free American cheese.

1 tsp. milk

In a hurry so use the microwave.

First place two slices of bacon on a small plate and cover with a paper towel. Place in the microwave about a minute per slice, or two minutes. Remove.

Meanwhile toast your English muffin in the toaster.

Once you remove the bacon, take a small round bowl add your egg and tsp. of milk and scramble.

Place in the microwave and cook for one minute. The milk prevents the egg from becoming rubbery.

After 50 seconds, open the microwave and place a slice of cheese on top of the egg.

Remove from microwave and build your muffin.

Place the egg and cheese on top of one side of them muffin, break bacon into half and add on top of egg. Place remaining muffin piece on top and wham. You have a sandwich you can take on the go and all under 5 minutes.