

Low-Point Breakfast Cups

Ingredients:

- 8 slices of whole wheat, whole grain bread
- 4 eggs
- 1/4 cup 1% milk
- 1/2 cup reduced fat shredded mild cheddar cheese
- 5 strips bacon
- seasoning to taste
- Cooking spray

Heat oven to 400 degrees. Cook bacon (on stove or microwave) until just starting to get a little crisp. Set aside. Spray muffin pan with cooking spray. Cut the crust off of the bread, flatten it a little and press each slice into a muffin cup. Place bread in the oven for 5 minutes. Meanwhile, mix the eggs and milk. Remove the muffin pan from the oven (bread should be a little toasted) and spoon egg mixture into bread cups. Break up the bacon into little pieces and add to each cup of egg mixture. Place about one tablespoon of cheese on top of bacon and egg mixture and place in the oven for about 10 minutes (or until the egg has set). Remove, season to taste if desired, and enjoy your breakfast. Or lunch. Or dinner. :)

Total servings - 8

Serving size - 1

Points per serving - 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Love me when I least deserve it because that's when
I really need it." - Swedish Proverb***