**Egg Breakfast Sandwich**

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 1

Serving size: 1 sandwich

**Ingredients:**

* 2 eggs
* 1 slice cheese of choice
* 2 slices of croissant or bread of choice
* 1-2 slices of bacon or turkey bacon, *optional*
* 1-2 slices of tomato, *optional*
* 1-2 lettuce leaves, *optional*
* Guacamole or sliced avocado, *optional*
* 2 teaspoons dijon or other mustard, *optional*
* 1-2 slices red onion*, optional*

**Directions:**

1. Place croissant/ bread in a toaster or toast in the oven or a toaster oven at 350 degrees (cut side down).
2. When bread is toasted and other ingredients are prepared, cook eggs as prefered- over easy, over medium, or scrambled
3. Assemble sandwich with desired ingredients immediately while eggs are still warm.

This scrumptious breakfast sandwich is the ultimate breakfast that is quick, easy and can be brought on the go. You can actually make this any time of the day you’re craving it. Eggs are filled with healthy omega-3 fatty acids- a type of fat our bodies can not make and we need to get through our diet. Protein from eggs and optional bacon give us long-term, sustainable energy that will help you stay full for the brunt of the morning while carbohydrate-rich sources such as bread and additional vegetables give us quick and immediate energy that we need to start the morning. You can also meal prep and freeze overnight and then pop in the oven or microwave if you’re really in a crunch the next morning and needing a quick grab-and-go option!

Recipes adapted from: <https://pinchofyum.com/breakfast-sandwich>