

BACON EGG BREAKFAST CUPS

Ingredients (makes 4)

4 eggs
4 slices of bacon, precooked



Method

- Preheat oven to 200°C. Spray muffin tin with non-stick spray.
- Line muffin holes with bacon so that it circles each mould.
- Break an egg into the centre of each mould and bake for about 8 minutes or until the egg is cooked.
- Serve warm.

Variations:

- Add grated tasty cheese
- Add finely chopped shallots

<http://kirbiecravings.com/2011/09/bacon-egg-breakfast-cups.html>, accessed July 24, 2013

EASY BREAKFAST QUESADILLAS

Ingredients (makes 4)

6 eggs
4 flour tortillas
1 cup shredded tasty cheese
1 cup bacon, diced
2 shallot, thinly sliced
Sour cream and/or salsa, optional



Method

- Spray a frying pan with cooking spray.
- In a bowl, whisk the eggs. Add them to the frying pan, stirring over a medium heat until completely cooked.
- Place tortillas on a sandwich grill.
- Spoon eggs over half of each tortilla, sprinkle with cheese, bacon and onion. Fold over and cook on a low heat for 1-2 minutes or until cheese is melted.
- Serve with sour cream and/or salsa.

<http://www.yummly.com/recipe/external/Breakfast-Quesadillas-Recipe-Taste-of-Home-44241>, accessed July 24, 2013