

HARD BOILED EGG BREAKFAST MELT



Ingredients

2 Whole Wheat English Muffins, Halved

2 Tablespoons Cream Cheese

2 Whole Eggs, Hardboiled

1 Roma Tomato, Sliced

½ Avocado, Sliced

Shredded Cheese, For Topping

Freshly Ground Black Pepper, To Taste



Directions

1. Slice the english muffins and toast each side. Then spread cream cheese evenly on each side.
2. Slice eggs lengthwise and distribute the slices evenly between the muffin sides.
3. Place the roma tomato slices on top of the egg and then the avocado slices on top of the tomato.
4. Top with shredded cheese and black pepper.
5. Broil in the oven for 5-10 minutes, until the cheese melts.



Crediting

Provides a Meat/Meat Alternate and Grain at Breakfast.
Toddler/Preschool: ½ English Muffin Half
School Age: 1 English Muffin Half