



GUACAMOLE BREAKFAST MUFFIN

September 16

National Guacamole Day

INGREDIENTS

- 8 English Muffins (at least 56 grams each; enriched or whole grain-rich; split in half)
- 16 Eggs
- 1 Cup Mexican Shredded Cheese




Guacamole

- 6 Cups Avocado
- 1 Cup Tomato (diced)
- 1 Cup Red Onion (diced)
- 2 Teaspoons Salt
- 2 Teaspoons Pepper
- 2 Limes (juiced)

DIRECTIONS

1. Slice english muffins in half, and toast how you like it. Preheat the oven to 400°.
2. Open and slice up the avocado. Mash together in a bowl until creamy. Add in tomatoes, red onion, salt, pepper, and lime juice and combine. Taste and add more juice/seasoning until desired taste.
3. Spread the guacamole evenly across all slices.
4. Using a bowl or a cup with the same size base as an english muffin, cook eggs (one at a time) in the microwave for 1 minute.
5. Place each egg on top of guacamole. Sprinkle cheese evenly across the eggs.
6. Place back in the oven and cook until cheese is melted.
7. Remove from oven and enjoy warm!

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

 Breakfast

YIELD

16 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins