

## Breakfast Muffin Cups

Author: A Year at Oak Cottage blog

Carolyn T's  
Main Cookbook

Servings: 6



**6 medium eggs**

**6 slices bread, soft, plain white [I used sandwich]**

**6 slices bacon**

**2 ounces grated cheddar cheese, or other variety, your choice**

**1 tablespoon softened butter**

**2 teaspoons Italian seasoning**

**salt and pepper to taste**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

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*Per Serving (excluding unknown items): 216 Calories; 12g Fat (51.5% calories from fat); 13g Protein; 13g Carbohydrate; 1g Dietary Fiber; 228mg Cholesterol; 364mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fat.*

### Description:

1. Pre-heat your oven to 350°F. Grease a six-cup muffin tin and set aside while you prepare the ingredients.
2. Cut the crusts off of the bread. It doesn't really matter which type of bread you use here, but inexpensive white bread works best, a really sturdy bread won't work as well as a nice soft spongy one. Roll the slices out to about ¼ inch thickness with a rolling pin, and then butter on one side with the softened butter. Line the muffin holes in the pan with the bacon, then press the bread (butter side out) carefully down into them as well, pressing the bread firmly against the sides so the bread sticks (otherwise you won't be able to get the egg in the middle when it's time).
3. Bake for about 10 minutes until the bacon starts to sizzle and the bread starts to brown a bit. Remove from the oven and crack an egg into each hollow and then place the muffin tin carefully back into the heated oven. Try not to tilt the pan so the whites drizzle over the bread edges.
4. Bake for about 10 minutes. Remove from the oven and sprinkle the tops with just a little salt and pepper, then the grated cheese and the herbs.
5. Return to the oven and bake until the cheese is all melted and starting to brown and the eggs are done (about 5-6 minutes). Remove from the oven and let sit for a few minutes before you remove them from the pan. Just run a knife carefully around and they should pop out quite easily. Serve immediately.