

Breakfast sandwich by Vickie Wright

Not a canning recipe but a great breakfast time saver and money saver!

frozen sausage patties or ham slices

eggs (I do a dozen beaten)

sliced cheese

fresh spinach chopped (optional)

bagel thins or English muffins

scramble eggs, (I throw in fresh chopped spinach) pour into a pam sprayed cookie sheet , bake in oven at 350 until pulling away from side of pan and done in middle, cut eggs into squares big enough to cover your bagel add slice of cheese and sausage patty put in ziplock and freeze