

Cradled Eggs

3 slices of wheat bread, crust removed

1 Tablespoon butter

1 T maple syrup

2 T breakfast sausage meat cooked

2 T shredded cheddar cheese

2 eggs

1 T cream

1/8 t salt

1/8 t pepper

Preheat oven to 375 degrees. Cut the crust from the bread and flatten bread with palm of hand to 1/4" thickness. Brush butter and syrup one side of each slice of bread and place bread butter side down in each of 3 muffin tin wells that have been sprayed with cooking spray or greased.

Distribute sausage and cheese amongst the bread cups.

Crack eggs into a bowl or measuring cup with a spout.

Add cream, salt and pepper and whisk with a fork.

Pour egg mixture on top of fillings, distributing evenly between the three.

Bake 12-15 minutes or until slightly puffed and tops are light brown. Test to be sure eggs are done.

Serve immediately or at room temperature.