**Intro:**

English Muffins are delicious with butter and jam, but what about turning them into a complete breakfast! Here is a quick and easy recipe to make multiple sandwiches at one time. Eat some now, freeze the rest for later. We used a sheet pan to make eggs that are not only quick and delicious, but they can also be cut to fit your muffins. As an extra bonus, they freeze well, and will not fall apart like scrambled eggs. Have fun customizing these sandwiches to suit your families taste buds. Breakfast has never been so easy!

**Chef Tips**:

* Why use butter in this recipe or in scrambled eggs? The fat in the butter coats proteins in the eggs. This restricts the excess loss of liquid and contributes to fluffier eggs. Without that extra fat, the proteins can release too much liquid, creating a denser egg. Putting the science aside, extra butter makes these eggs extra delicious!
* Make these sandwiches for your family on the weekends, and you will have a grab-and-go breakfast plan for the whole week!
* Are you out of parchment paper to wrap the sandwiches? No problem, use paper towel instead. Always remember to label your sandwiches with a permanent marker before placing them in a freezer bag.
* Make sure your sheet pan is at least 1 inch deep to avoid spills!
* Microwaves vary in power and heat. You may need to adjust the thaw and cook time according to your microwave. Just make sure to defrost before you introduce the high heat to avoid over cooking.
* If you decide to top your sandwich with bacon or sausage, why not cook it along with the eggs in the same oven. Place bacon or sausage on a parchment lined sheet for easy cleanup. After your eggs are prepared, place both sheets in the same 325 degree preheated oven. Once you remove the eggs, increase the oven temperature to 400 degrees. Continue cooking for about 10-15 more minutes, or until the bacon reaches your desired doneness, or the sausage reaches an internal temperature of 165 degrees.
* If you want to get fancy, have fun cutting the cooked eggs into circles or fun shapes with a cookie cutter. This is a fun activity to do with the kids to get them egg-cited for breakfast!
* For more nutrition, add some veggies! Mushrooms, spinach, broccoli, and peppers make flavorful additions. Since the cook time is short and we don’t want to have too much liquid in the eggs, we find it best to pre-cook the veggies. Place 1 cup of your favorite vegetable (or a combo!) in a skillet with 1 teaspoon of Challenge Butter. Cook over medium heat until desired doneness is achieved. Make sure to drain off any excess moisture. Stir into egg mixture before baking.
* Go gourmet! Have fun adding different cheeses to your sandwich like smoked cheddar, feta or Swiss. Sundried tomatoes, fresh herbs and spices can add lots of flavor and variety. If you like things spicy, add a few drops of hot sauce to your egg mixture before baking!

**Easy Sheet Pan Breakfast Muffin Sandwiches**

**Ingredients**

* 12 large eggs
* 2 Tablespoons milk
* 1 teaspoon salt
* 1/2 teaspoon freshly ground black pepper
* 12 Tablespoons of Unsalted Challenge Butter, divided
* 12 English Muffins, split in half
* 12 slices of your favorite cheese
* 12 slices/portions of your favorite cooked breakfast meat (sliced ham, Canadian bacon, bacon strips, sausage patties or veggie sausage patties)

**Directions**

1. Preheat the oven to 325 degrees.
2. Whisk the eggs, milk, salt and pepper together in a bowl.
3. Place 4 Tablespoons of butter on 9x13 inch sheet pan, and place in oven to melt for about 2 minutes. Using oven mitts remove sheet pan. In a rocking motion, move pan back and forth to coat the bottom of pan. Once coated, pour the excess butter in egg mixture, whisking while adding.
4. Pour the egg mixture into the sheet pan. Bake for 12-15 minutes, or just until the center is set. Be careful not to over-cook.
5. Remove from oven and allow to cool before cutting into 12 squares.
6. To assemble sandwiches, spread the remaining butter on each muffin half. If a crispy exterior is desired, place muffin in toaster or toaster oven to toast before adding butter.
7. Top with a piece of egg, cheese, and desired breakfast meat.
8. Serve right away, or freeze.

**Yield: 12 Sandwiches**

**To Freeze:**

* Wrap each sandwich individually in parchment paper and place them in a freezer safe resealable bag. Freeze for up to 3 months.

**To Reheat:**

* For best results, thaw in fridge overnight. Place thawed sandwich (keep parchment paper on or replace with a paper towel) on a microwave safe plate. Heat on high for 30-60 seconds until warmed through and cheese has melted.
* If taking the sandwiches directly out of the freezer, remove sandwich from bag and place on a microwave safe plate. Microwave for 60-90 seconds on defrost (or 50% power). Flip the sandwich over and microwave for 30-60 seconds on high power, until warmed through and cheese is melted.
* You can also reheat the sandwiches in the oven or in the toaster oven. Cover with foil and bake at 350 degrees for about 15-20 minutes or until warmed through.

**Now that you mastered the basic recipe, how about giving this delicious recipe a try!**

**Denver Omelet Breakfast Muffins**

**Ingredients**

* 12 large eggs
* 2 Tablespoons milk
* 1 teaspoon salt
* 1/2 teaspoon freshly ground black pepper
* ¼ cup of very finely diced bell pepper
* ¼ cup of very finely diced onion
* 12 Tablespoons of Unsalted Challenge Butter, divided
* 12 English Muffins, split in half
* 12 slices of cheddar cheese

**Directions**

1. Preheat the oven to 325 degrees.
2. Whisk the eggs, milk, salt and pepper. Stir in peppers and onions.
3. Place 4 tablespoons of butter on a 9x13 inch sheet pan and place in oven to melt for about 2 minutes. Using oven mitts remove sheet pan. In a rocking motion, move pan back and forth to coat the bottom of pan. Once coated, pour the excess butter in egg mixture, whisking while adding.
4. Pour the egg mixture into the sheet pan. Bake for 12-15 minutes, or just until the center is set. Be careful not to over-cook.
5. Remove from oven and allow to cool before cutting into 12 squares.
6. To assemble sandwiches, spread the remaining butter on each muffin half. If a crispy exterior is desired, place muffin in toaster to toast before adding butter.
7. Top with a piece of egg and cheddar cheese.
8. Serve right away, or freeze. See the directions above for freezing and reheating.

**Yield: 12 sandwiches**