



# LET'S MAKE BREAKFAST!

Cooking with kids is not only fun, it also boosts their development! Cooking promotes healthy eating, introduces kids to new vocabulary and math skills, and it requires focus and attention. Plus, it's an excellent way to spend time together. So get cooking!

Prep: 20 min

Cook: 20 min

Makes: 6

Hardware: muffin tin, round cookie cutter

Ingredients: cooking spray, bread, eggs, shredded cheese, spinach, cooked bacon

## Breakfast Toast Cups

- Preheat oven to 375 ° F
- Lightly grease muffin tin with cooking spray
- Roll out slices of bread or smash with hands until flat and thin
- Cut out circles from flattened bread with cookie cutter; save scraps
- Cut circles of bread in half
- Place one scrap of bread in bottom of each cup in muffin tin
- Place two circle halves of bread into each cup, making sure there are minimal gaps
- Add ingredients to cups:
  - » 3-4 spinach leaves
  - » Pinch of shredded cheese
  - » Bacon slices
  - » Crack one egg into each cup
- Bake 15 minutes or until egg whites have set
- Sprinkle tops with salt and pepper to taste

Have breakfast together as soon as the toast cups are cool enough to eat, and enjoy the rest of your day!

