

# ENGLISH MUFFIN FRENCH TOAST



## INGREDIENTS

- 3 English Muffins (white or wheat)
- 3 eggs, scrambled
- 1/2 tsp vanilla
- 1 tbsp milk
- 1 tsp cinnamon
- 1 tsp butter, optional
- Toppings: whip cream, berries, maple syrup, peanut butter, powdered sugar (really anything you like)

**COOK TIME: 15 MINUTES**

**SERVING SIZE:**

**1 WHOLE ENGLISH MUFFIN**

### NUTRITION FACTS:

FOR ONE ENGLISH MUFFIN (NO TOPPINGS)

**CALORIES: 180 CALS**

**CARBS: 27 G**

**PROTEIN: 7 G**

**FAT: 3 G**

**FIBER: 1 G**

**SUGAR: 1 G**

**SODIUM: 235 MG**

## DIRECTIONS

**1. In a shallow bowl, whisk together eggs, vanilla, milk, and cinnamon.**

**2. Next place an English muffin halve into the mixture, and let soak for a couple seconds. Be sure to flip over a couple times until it is fully saturated in the egg mixture.**

**3. Spray a large skillet pan with non-stick spray or add butter and melt. If you have a griddle you can use that too! Once warm, place the soaked English muffins in the pan and let cook for about 2-3 minutes per side, flipping as needed.**

**4. Repeat this process with all the English muffin halves. Once done, add your favorite toppings and enjoy!**



# CHICKEN SALAD ON TOASTED ENGLISH MUFFIN

## INGREDIENTS

For Sandwich:

- 4 English muffins (white or wheat)
- 1, 8 oz chicken breasts, cooked, shredded
- 1 celery stalks, chopped

For Dressing:

- 1/2 cup mayo
- 1 tsp sugar
- 1 tsp lemon juice
- 1 tsp yellow mustard
- 1/2 tsp seasoning salt
- Salt and Pepper to taste
- Fresh parsley, chopped (optional)

**COOK TIME: 40 MINUTES**  
**SERVING SIZE: 1 SANDWICH**

### NUTRITION FACTS:

1 SANDWICH

**CALORIES: 420 CALS**

**CARBS: 28 G**

**PROTEIN: 22 G**

**FAT: 23 G**

**FIBER: 2 G**

**SUGAR: 1 G**

**SODIUM: 870 MG**

## DIRECTIONS

**1. Preheat oven to 375 degrees. Season chicken with salt, pepper and olive oil and place on a baking sheet. Place in oven and bake for 25-30 minutes until the chicken reaches an internal temp of at least 165 degrees.**

**2. While the chicken is baking, in a large bowl combine mayo, sugar, lemon juice, yellow mustard, celery, seasoning salt, salt, and pepper.**

**3. Once the chicken is done and cooled, use two forks to shredded the chicken into pieces. Then add that into the mayo mixture bowl and combine until chicken is fully coated.**

**4. Halve your English muffin and toast. Then place the chicken salad on top. Add any other toppings you'd like. Sprinkle with fresh parsley and enjoy!**

### Need more ideas?!

- Use the dressing for a tuna sandwich instead of chicken

- Make open faced sandwich by placing the chicken salad mixture on both halves, add cheese on top, and broiling in the oven for 3-4 minutes until cheese is melted



# ENGLISH MUFFIN PIZZA

## INGREDIENTS

- 2 English muffins (white or wheat)
- 4 tbsp pizza sauce
- 1/2 cup mozzarella cheese, shredded
- Toppings: peppers, mushrooms, sausage, pineapple, pepperoni, or whatever you like!

**COOK TIME: 15 MINUTES**

**SERVING SIZE:**

**1 WHOLE ENGLISH MUFFIN**

## NUTRITION FACTS:

(PEPPERONI TOPPING)

**CALORIES: 210 CALS**

**CARBS: 28 G**

**PROTEIN: 9 G**

**FAT: 6 G**

**FIBER: 1 G**

**SUGAR: 1 G**

**SODIUM: 450 MG**

## DIRECTIONS

*1. Preheat the oven to 425 degrees.*

*2. Halve English muffins and spread 1 tbsp pizza sauce onto each half. Then sprinkle with cheese and add your favorite toppings!*

*3. Place them on a greased baking pan. Bake for 5-8 minutes until the edges start to get crispy and the cheese is fully melted.*

*4. Let cool and enjoy!*

