

Ham and Cheese Breakfast Bubble Up

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Serves 6

Blue – 6 points

Purple- 6 points

Green – 9 points

- 8 eggs
- 1 cup 1% milk
- 8 oz cooked lean ham (can substitute canadian bacon, adjust points accordingly)
- 8 oz mushrooms, cooked
- any veggies of your choice – onion, peppers, etc, sauteed until softened.
- 8 oz Cabot 75% reduced fat cheese, grated
- 1 7.5 oz can biscuits (these are the SMALL buttermilk biscuits not the Grands, etc) they come 10 to a can
- salt and pepper to taste

1. Preheat oven to 350. Spray a 9×13 casserole with non stick spray
2. Cut each biscuit into 8 pieces, sprinkle on the bottom of the casserole dish. Set aside
3. In a large bowl, beat eggs with milk, salt and pepper.

4. Sprinkle veggies, 1/2 of the cheese and ham over biscuits.
5. Pour egg mixture over top.
6. Top with remaining shredded cheese
7. Bake for 30-40 minutes or until top is browned and the biscuits are cooked through.