

Breakfast Sandwich



Ingredients

For 1 sandwich

- 2-3 Large Eggs

(can also use 1 egg + egg whites)

- Multigrain Bun or Bread (1-2 slices)
- 1 tsp Coconut Oil

(to fry eggs or spread on bread/bun)

- 2 slices of turkey bacon or ham (low sugar options)
- 1-2 slices of cheese

(REAL cheese, NOT the plastic orange ones)

Directions

1. Fry or poach eggs (can also boil and mash onto sandwich)
2. Fry turkey bacon (you don't need any oils, sprays or butter)
3. Toast bun or bread
4. Place all items together to make your sandwich!
5. Enjoy hot or you can grill this sandwich again to create a panini!

