



Morning Sandwich

- (2) Slices of Canadian Bacon
- (1) Wedge laughing cow cheese
- (1) Egg white
- Nature's Own English Muffin

Season the egg white with salt and pepper. Pour into hot skillet and cook on each side about four minutes.

Cut and open the muffin and spread cheese on each side. Place one slice of Canadian Bacon on each side. Place cooked egg on bacon and close the sandwich.

Calories – 220

Carbs – 15

Fat – 9

Protein – 20