



Egg & Cheese Sandwich

Info:

Makes 1 Servings 240 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Slices Whole Wheat Bread
- ❖ ¼ Cup Egg Beaters
- ❖ 1 Slice Fat Free Cheddar Cheese
- ❖ 1 Tbsp Fat Free Mayo
- ❖ Ketchup (optional)

Preparation:



1. Toast the bread and spread on mayo, add cheese while warm
2. Cook egg beaters in pan over medium heat or microwave in safe bowl on high 1 – 1 ½ minutes
3. Add scrambled eggs and enjoy!