



## Hard Boiled Egg with Toast

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### Info:

Makes 1 Servings      180 Calories per Serving

**LOW CAL**

### Ingredients:



- ❖ 1 Egg
- ❖ 1 Slice Wheat Bread
- ❖ ½ Tbsp I Can't Believe It's Not Butter Light
- ❖ 1 Tbsp Sugar Free Jelly
- ❖ Pinch of Salt

### Preparation:



1. Place egg in a pan of cool water (just enough to cover egg)
2. Cook over high heat for about 20 minutes
3. Allow egg to cool, peel and discard shell
4. Slice or eat whole, sprinkle with salt if desired
5. Enjoy buttered and jellied toast