



Scrambled Egg & Cheese with Toast

Info:

Makes 1 Servings 200 Calories per Serving

LOW CAL

Ingredients:



- ❖ ½ Cup Egg Beaters
- ❖ 1 Slice Fat Free Cheese
- ❖ 1 Slice Whole Wheat Bread
- ❖ ½ Tbsp I Can't Believe It's Not Butter Light
- ❖ 1 Tbsp Sugar Free Jelly
- ❖ Salt and Pepper to taste
- ❖ Cooking Spray

Preparation:



1. In a bowl whisk egg beaters, salt and pepper
2. Heat skillet to medium, pour in eggs and heat evenly, flipping occasionally
3. Place cheese on top of eggs, remove from heat
4. Serve with buttered and jellied toast!