

# January 2021

## Double Deluxe 3 Minute Breakfast Sandwich

**Presented By: April Ho**

*Brought to you by Well-U*



### Nutrition Facts

Calories: 510, Protein: 26.3g, Fat: 32.1g,  
Carbs: 34.7g, Sugar: 2.6g, Fiber: 9.4g

### Ingredients

1 whole wheat English muffin  
Cooking spray  
2 eggs  
Splash of milk (optional)  
Pinch of salt and pepper  
1 slice sandwich cheese  
Hot sauce to taste  
1 slice smoky tempeh fakin'  
bacon [Found in the refrigerated  
section of Wegmans Nature's  
Market Place by the tofu]  
Small handful fresh baby spinach  
Half avocado, sliced  
Special equipment: wide mouthed  
mug



**Time to table:**

3 Minutes

**Video Length:**

**8 min**

**Serves: 1**

### Instructions

Split English muffin in half and place in the toaster set to desired level of doneness. Spray wide mouthed mug with cooking spray. Crack two eggs into mug, add a splash of milk, and a pinch eat of salt and pepper. Scramble with a fork and then place in the microwave for 90 seconds.

Remove English muffin from toaster, and assemble sandwich by layering first the slice of cheese, then egg patty, hot sauce, fakin' bacon, spinach avocado, and finally the second half of the English muffin! Enjoy!

# Well-U's Lifestyle Management Programs

To learn more call **585-530-2050** or email  
[URWell.Lifestyle@urmc.rochester.edu](mailto:URWell.Lifestyle@urmc.rochester.edu)

## Individual Programs

- Nutrition and You
- Blood Pressure Management
- Cholesterol Management
- Tobacco Cessation
- Fitness 201: Get Stronger

## Group Programs

- Nutrition Basics
- Stress Reduction
- Mindfulness-based Stress Reduction
- Weight Loss
- Fitness 101: Get Starter

To watch more cooking/nutrition and exercise videos, please visit:  
<https://rochesterwellu.sites.zenplanner.com/calendar.cfm>