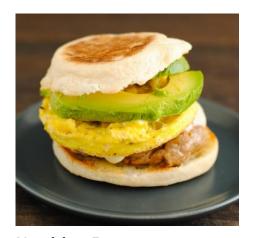


January 2021

Double Deluxe 3 Minute Breakfast Sandwich

Presented By: April Ho

Brought to you by Well-U



Nutrition FactsCalories: 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 smokey 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!





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