

Egg McTracie

POINTS® Value: 4

Servings: 1

Ingredients

1/4 cup fat-free egg substitute,
1 Weight Watchers Fork split English muffin, Split
2 slices Kraft Fat Free Singles (Cheddar or Swiss)
1 serving lean lunch meat (ham or turkey)

Instructions

Heat toaster oven, or oven broiler. Put split English Muffins on baking sheet and put meat on one side and cheese on the other. Toast just until cheese is melted, about 1-2 minutes.

Meanwhile, spray a coffee cup or custard cup lightly with cooking spray. Put 1/4 cup egg substitute in cup and microwave for 1 to 2 minutes on high.

Pay attention not to overcook. Start watching it at 1 minute and cook for an additional 30 seconds until center is not loose.

Remove English muffin from oven, add egg and enjoy.

Faster than a drive through and MUCH better for you! Make extras, wrap in plastic wrap then place in freezer bags. Pop in the microwave for 1-2 minutes for a fast breakfast on the go!

McDonald's Egg McMuffin - 7pts
Egg McTracie - 4 points

www.sponsormyweightloss.com
tracie@sponsormyweightloss.com