

High Protein Breakfast Bagel



Serves
1 person

Prep Time

Cooking

Total Time

Calories
280 kcal

Stuff that's in it:

- Protein Bagel
- 23G Eat Lean Cheese
- 7G Sliced Pepperoni
- 90G Two Chicks Egg Whites
- Sprinkle Italian Herbs
- Thin Slice Of Tomato Quartered

What you do:

Pop your bagel in the toaster.

To make 2 egg whites rounds, pop 45g of egg white in a Pyrex jug and pop in microwave for 60 seconds or under, twice as I made 2 for each bagel half, pop out into toasted bagel. Top with sliced cheese and tomato and pepperoni, sprinkle with herbs and microwave again for 1 minute or until its melted and delish.

Nutrition

- Carbs: 25g
- Fat: 6g
- Protein: 28g

