

5-Minute, 5-Day Breakfast Plan

DAY 1

Cheesy Egg Beaters® Wrap, Fresh Orange



Easy Directions:

1. Cook two servings of Egg Beaters® Cheddar & Chive Liquid Egg Product in a small skillet sprayed with PAM® over medium heat, stirring and breaking up egg mixture into bite-size pieces.
2. Heat a whole grain flour tortilla in the microwave or toaster oven.
3. Place prepared Egg Beaters® in the centre of the heated tortilla. Season with salt and pepper. Sprinkle with grated light cheese.
4. Fold top and bottom of tortilla over filling. Then roll up to enclose filling.

DAY 2

Cottage Cheese, Cereal

One scoop of cottage cheese topped with canned crushed pineapple in its own juice.

"For a Twist" – Try fresh or frozen berries.

Serve with whole grain cereal with 1% or skim milk

When making breakfast, try to include choices from at least three of the four food groups.

DAY 3

French Toast with Berries, Cinnamon Yogurt



FRENCH TOAST

1. Combine one or two servings of Egg Beaters® Liquid Egg Product with a dash of vanilla extract.
2. Dip one or two slices of whole grain bread into Egg Beaters® mixture.
3. Spray a non-stick skillet with PAM® and place over medium heat.
4. Cook dipped bread in the skillet until lightly browned on both sides.
5. Top with fresh or frozen berries.

CINNAMON YOGURT

1. Add cinnamon and honey, to taste, to your favourite plain low-fat or fat-free yogurt.

DAY 4

Apple Cheese Quesadilla

1. Spray a whole grain tortilla with PAM® and place on plate, sprayed side down.
2. On half the tortilla, spread honey mustard then sprinkle grated light Cheddar cheese, top with thinly sliced apple and then cover with additional grated cheese.
3. Fold tortilla over to close and put in skillet over medium-high heat. Cook for 2 minutes each side. Serve immediately.

"For a Twist" – Instead of mustard, sprinkle cinnamon and nutmeg on apples.

These recipe suggestions have been created for one person but can easily be doubled, tripled or quadrupled.

DAY 5

Egg Beaters® Mushroom and Mozzarella Melt



1. Sauté sliced mushrooms, a sprinkle of dill and lemon juice and chopped green onion for 2 minutes over medium-high heat in a small skillet that has been sprayed with PAM®.
2. Meanwhile, spray separate pan with PAM® and pour one to two servings of Egg Beaters® into skillet. Cook over medium heat, gently pushing cooked Egg Beaters® to centre of skillet with spatula until cooked through.
3. Place egg and mushroom mixture on half of a toasted English muffin, top with a slice of part-skim mozzarella cheese.
4. Microwave or broil to melt cheese. Serve immediately.