

Sausage Egg & Cheese Bagel

Macros: - 353 Calories - 14g Fat - 29g Carbs - 30g Protein

Makes 8 servings

Ingredients

- 1 Cup cottage cheese
- 8 eggs
- 1 Package Butterball Turkey Sausage Patties
- 1 package Bagel Thins (everything)
- 368 Grams egg whites
- 1 slice American Cheese



Directions

1. Blend 1 Cup cottage cheese in a small food processor until smooth and transfer to your favorite mixing bowl.
2. Crack 8 eggs into the same bowl and add 8 servings of egg whites. Mix until combined.
3. Add salt, pepper, garlic to taste or other spices you may like.
4. Measure out and divide egg mixture by 8.
5. In a shallow pan, cook 1 serving of egg and fold to fit on your sandwich of choice. Repeat until you have 8 egg servings.
6. Warm turkey sausage per directions on box.
7. Toast bagels to desired crispiness.
8. Assemble sandwiches and wrap in butcher paper. Should last 14 days in refrigerator.

Ingredient	Serving	Calories	Fat	Carbs	Protein
Bagel thin	1	110	1.5	24	5
English Muffin	1	150	1	28	5
FF American slice	1	30	0	2	4
Turkey Saus	1 patty	55	3.5	0	5.5
Egg	1	78	5	1	6
Egg white	46G	25	0	0	5
CC/8	1/8 Cup	25	0	2	3.25
Turkey Saus		353	14.5	29	28
Cottage Cheese	1 C	200	5	14	26