



Bacon & Egg Hash Brown Chaffle Sandwich

INGREDIENTS

For the Hash Brown Chaffles:

- 3 oz hash browns (I use Aldi Season's Choice)
- 14 grams reduced-fat cheddar cheese
- 1 egg

For the toppings:

- 2 slices Appleton Farms center-cut bacon, each piece cut into two.
- 1 scrambled egg

**Feel free to play around with different toppings. Just remember it may change the points and/or calories.

NUTRITION FACTS

Servings: 1

Amount Per Serving

- Calories 313
- Total Fat 17 g
- Saturated Fat 6 g
- Cholesterol 396 mg
- Sodium 468 mg
- Carbohydrate 18 g
- Dietary Fiber 2 g
- Sugars 0 g
- Protein 23 g
- myWW Blue: 4
- myWW Purple: 2
- myWW Green: 8

DIRECTIONS

1. Heat Dash mini waffle maker.
2. Mix together hash brown chaffle ingredients.
3. Spray waffle maker with cooking spray.
4. Spread half of the hash brown chaffle mixture onto hot waffle maker.
5. Close waffle maker and let cook for a couple of minutes, until browned.
6. While the first chaffle is cooking, you may scramble your egg and cook bacon.
7. When the first chaffle is done, remove it from the waffle maker.
8. Spray waffle maker with cooking spray and spread the remaining chaffle mixture on the waffle maker.
9. Close lid and cook for a couple of minutes, until browned.
10. While the second chaffle is cooking, top the first chaffle with scrambled egg and bacon. Cover with foil to keep warm.
11. When the second chaffle is done cooking, place on top of bacon and egg to make a "sandwich".
12. Enjoy!

This recipe can be found at:

<https://planningushealthy.com/bechaffle>

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