

English Muffin Breakfast Pizzas

6 ingredients · 15 minutes · 1 serving



Directions

1. Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
2. Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
3. Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Can be refrigerated in an airtight container for up to two days.

Gluten-Free

Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.

Additional Toppings

Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.

Make it Vegan

Use scrambled tofu and vegan cheese instead.

English Muffin

One English muffin is roughly two ounces or 57 grams.

Ingredients

1/2 cup Egg Whites

1 tbsp Water

1 1/2 cups Baby Spinach

57 grams English Muffin (sliced in half)

2 tbsps Salsa

28 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving

Calories	253	Sugar	3g
Fat	6g	Protein	23g
Saturated	4g	Cholesterol	25mg
Carbs	33g	Sodium	798mg
Fiber	10g		