

B.E.L.T (bacon, egg, lettuce, tomato)

- 1-2 whole eggs (pan cooked)
- 1 Ezekiel 4:9 sprouted whole grain english muffin
- Tomato, lettuce
- Bacon or turkey bacon (any brand, pan cooked)
- Avocado
- Greek yogurt or low fat cream cheese spread
- Mrs. Dash onion and garlic seasoning

Once you cook your egg, bacon, toast your English muffin and layer it up!

