

Baked Strawberry French Toast



Everybody loves French Toast, especially kids. But on busy mornings, who has the time to prepare it? The advantage of this recipe is twofold. It can be prepared and assembled the night before and popped into the oven the next morning. The overnight soak allows the bread to be evenly saturated with the egg mixture yielding a more tender French Toast.

Ingredients:

2 tablespoons egg beaters
1/3 cup low fat milk (low carb Hood Calorie Countdown is the best choice)
1 teaspoon brown sugar
1/4 teaspoon vanilla
Cooking spray
1/8 cup strawberries sliced
2 Low Carb Bread, crusts removed (Nature's Own Double Fiber Nut)

Instructions:

- Preheat oven to 375 degrees.
- In a bowl, mix the egg, milk, sugar and vanilla.
- Spray a small loaf pan with cooking spray.
- Pour the egg mixture into the pan. Place 2 slices of bread in the pan in one layer.
- Scatter the strawberries on top of the bread. Cover with foil (Note: this may be stored overnight in the refrigerator and baked the next day).
- Bake for 10 minutes. Remove foil and bake another 5-10 minutes.

Cheese N' Egg sandwich



Start the day with a substantial breakfast. This Cheese N' Egg sandwich will keep you going without hunger until lunch.

Total preparation time: 5 min

Yield: 1 serving

Ingredients:

- 1/2 cup egg beaters-whites (or two eggs)
- salt and pepper - to taste

- 1 tsp olive oil
- 2 slices low fat cheddar cheese
- 2 slices Low Carb Bread - (See the different types of low carb breads)
- 1 cup strawberries - sliced

Directions:

1. In a small bowl whisk egg, salt and pepper if desired. Add oil to a small skillet and heat to medium-high. Add egg.. When almost cooked through, top with cheese until melted.
2. Meanwhile toast the bread and top with the egg,-cheese mix.
3. Enjoy strawberries for "dessert".

Crunchy Strawberry Parfait



Here is a lighter take on an old-fashioned parfait. Lightly sweetened yogurt replaces ice cream and/or whipped cream for a more figure-friendly dessert. Layer this into clear glasses for an appealing as well as flavorful dessert or breakfast offering.

Ingredients:

4 strawberries, hulled and quartered

½ teaspoon agave nectar, (found in same aisle as honey)

½ cup plain yogurt

1 Low Carb Granola (this will be hard to find – Health Food stores, Fresh Market, may have some, you may need to make it – Look online for low carb granola recipes – I have one I can order for you)

Instructions:

- In a bowl, mix the yogurt with the agave nectar.
- In a narrow glass, place 1/3 of the strawberries, top with ½ the yogurt and 1/3 of the granola. Repeat and enjoy!

Deluxe Cream Cheese Bagel



Create a quick and easy Zone “no-hunger” breakfast with an added zing for the a.m. rush hour.

Yield: 1 serving

Total time: 5 minutes

INGREDIENTS:

- 1 [Low Carb Bagel](#) – (Thomas Bagel Thins)
- 2 tablespoons low-fat cream cheese
- 2 tablespoons salsa
- 2 slices Canadian bacon, cut into small cubes
- 1½ cups tomato juice

DIRECTIONS:

1. Toast the Low Carb Bagel.
2. Mix cream cheese and salsa together, add cut-up Canadian bacon and smear over each Bagel half.

Egg and Salmon Breakfast Sandwich



This is no yolk! Smoked salmon and egg whites on a toasted Zone Bagel is the perfect power breakfast.

Yield: 1 serving

Total time: 15 minutes

INGREDIENTS:

- 1 [Low Carb Bagel](#) – (Thomas Bagel Thins)
- 1 teaspoon olive oil
- 1 slice finely chopped red onion
- $\frac{1}{3}$ cup Egg Beaters (salt to taste) (or one to two eggs)
- 2 teaspoons capers, rinsed and chopper (or olives)
- 2 ounces smoked salmon
- 1 slice tomato
- $\frac{1}{2}$ cup grapes

DIRECTIONS:

1. Toast the Bagel.
2. Heat oil in a small nonstick skillet over medium heat. Add onion and cook, stirring, until it begins to soften, about 1 minute. Add egg whites, salt and capers and cook, stirring constantly, until whites are set, about 30 seconds.
3. To make the sandwich, layer the egg whites, smoked salmon and tomato on bagel. Have some grapes for a sweet ending.

Turkey Sausage Breakfast Sandwich



A toasted Bagel with cheddar and turkey sausage on top of fluffy egg whites with a touch of guacamole is all the kick you need to start your day off right with our “no-hunger” guarantee. Quick and easy, kids love it too!

Yield: 1 serving

Total time: 10 minutes

INGREDIENTS:

- 1 patty Jimmy Dean turkey sausage patty, fully cooked, break into chunks (any sausage will work)
- 1 [Low Carb Bagel](#) – (Thomas Bagel Thins) – Or low carb pita
- 1 teaspoon guacamole

- ½ cup Egg Beaters – whites (or one to two eggs)
- 2 slices low-fat cheddar cheese
- 1 slice tomato
- 1 slice onion

DIRECTIONS:

1. Break up sausage patty into chunks, set aside. Toast the Bagel. Spread guacamole on top of the bagel.
2. Spray a small skillet with cooking spray and warm crumbled turkey pieces on medium. Add egg whites. When almost done, add cheese. Layer the onion, egg mix and tomato on bottom of the bagel. Put together and enjoy!