



“Be Happy” Breakfast Sammie

Servings: 1

Ingredients	Nutrient value per serving
<p>Breakfast Sammie ingredients</p> <ul style="list-style-type: none"> • 1 English muffin, toasted • 1 oz. lower-sodium Canadian bacon • 2 T. avocado, mashed • dash of black pepper* • 1 thin slice of tomato <p>Ingredients for the sides</p> <ul style="list-style-type: none"> • ½ med. banana, sliced • 1 c. reduced-fat milk 	<p>Exchanges 2 starch 1 protein 1 fat 2 free 1 milk 1 fruit</p> <p>Calories417 Calories from Fat.....106 Total Fat.....12 g Saturated Fat4 g Cholesterol47 mg Sodium.....680 mg Carbohydrate56 g Fiber.....4 g Sugar 25 g Protein.....22 g</p>
Directions	Notes
<ol style="list-style-type: none"> 1. Smash 2 T. avocado with a fork. 2. Top toasted English muffin with Canadian bacon, tomato, avocado and dash of pepper. 3. Enjoy with a side of sliced banana and a glass of milk. 	<p>Prep and cook time: 5 min.</p> <p>This traditional morning treat has everything you need for a quick breakfast—Canadian bacon, avocado and tomato—all between a split English muffin. Enjoy with a glass of milk and half a banana for a complete start to your day! On a low-sodium diet? Skip the Canadian bacon to save around 280 mg sodium.</p> <p><i>* To stay on track, limit yourself to three free exchanges per day. Free exchanges listed with a * can be enjoyed over and above that limit.</i></p>