Veggie Egg Breakfast Sandwich

Ingredients

1 bagel
1/2 cup egg whites
10-15 fresh spinach leaves
1 wedge spreadable flavored cheese

2 slices tomato
2-4 slices avocado
Salt, Hot sauce to taste
(optimal)

Directions

1. Toast bagel in toaster or toaster oven
2. In a small bowl, add egg whites and spinach leaves, season with kosher salt. Microwave for 1 minute 30 seconds
3. Smear wedge of cheese on bagel thin and add tomato slices
4. Spoon egg out of bowl in a single patty and place on top of cheese and tomato, top with avocado
5. Season with salt and hot sauce if desired

Makes 1 sandwich