

Blueberry Almond Breakfast Treat

1/3 cup almond meal

2 tablespoons water

¼ cup egg substitute

¼ cup blueberries fresh or frozen without added sugar

Non-caloric sweetener to taste

Mix almond meal, egg substitute and water in a microwave-safe bowl. Microwave on high for about 45 seconds. Move the mixture towards the center of the bowl and add blueberries. Microwave for about 45-60 more seconds. Stir and enjoy. Makes 1 serving.

Nutrition information per serving: 264 calories, 14 grams protein, 20 grams fat, 13 grams carbohydrate, 0 mg sodium. Note: although this is a higher fat food, it contains heart-healthy mono unsaturated fat and will keep you satisfied.