

BREAKFAST PIZZA



INGREDIENTS:

- 2 slices sprouted bread
- 2 tbsp marinara sauce
- 2 oz low fat shredded cheese
- 2 slices tomato
- Herbs or choice: oregano, basil, or Italian herb blend

DIRECTIONS:

- 1) Lightly toast bread
 - 2) Spread marinara sauce on toasted bread
 - 3) Top with cheese and tomato slices
 - 4) Bake at 350 F until cheese melts
 - 5) Top with herbs of choice
- Enjoy!

Makes 1 Serving

Calories: 367 | Protein: 23 g | Carbs: 45 g | Fat: 14 g | Fiber: 7 g