

SAVORY PROTEIN GRITS



INGREDIENTS:

- 2 tbsp grits
- 3 egg whites
- 1 whole egg
- 1/3 cup water
- 1/2 tbsp nutritional yeast
- Optional: dash of salt

DIRECTIONS:

1. Mix egg, egg whites, and water
 2. Once egg mixture is well combined pour in a small pot and add grits
 3. Cook on medium-high heat while stirring with a wooden spatula for ~5-7 minutes or until mixture thickens
 4. Pour cooked grits in a bowl and mix in nutritional yeast and salt
- Enjoy!



Makes 1 Servings

Calories: 212 | Protein: 20 g | Carb: 18 g | Fat: 6 g | Fiber: 1 g